



**MEMORIAL
HOSPITAL'S**
The LAMP
QUARTERLY NEWSLETTER

Vol. 5, Issue 3 - July 2024

Welcome New Family Physicians

We are proud to welcome Dr. Zachary Orme, D.O. and Dr. Lukose, M.D. to our Family Practice Team. Both physicians bring a unique set of skills and talents to our health system. By the time this publication posts, Dr. Orme will be settling in at the Rural Health Clinics and Dr. Lukose will be only a few days from her first day. The providers and staff at the clinics are excited to welcome the doctors and look forward to showing them the rural charm Chester, IL and the surrounding area has to offer.



Dr. Zachary Orme, D.O.

Originally from a small town in Idaho, Dr. Orme is familiar with rural community values and finds rural medicine rewarding. Dr. Orme specializes in family medicine and addiction medicine. He has experience in hospital medicine and a strong background in emergency care as well. Drawing from his training and experience, Dr. Orme appreciates the full scope of care he can offer patients as a family medicine physician. He is passionate about establishing patient relationships, providing exceptional healthcare, and ultimately wants to improve patient outcomes. He enjoys treating patients of all ages and is fluent in conversational Spanish. He and his wife, Heather, and their four children are also enjoying getting acclimated to the Chester area.



Dr. Monica Lukose, M.D.

Dr. Lukose, along with her husband Varun, is joining us from Vancouver, Canada. In their free time, they enjoy volunteering in their community and exploring the outdoors through hiking. Dr. Lukose has received extensive training and experience, allowing her to provide comprehensive care to patients of all ages and diverse backgrounds. She has a strong passion for both inpatient and outpatient family medicine, with a particular interest in women's health. In 2022, she was honored with the Manthani J. Reddy, M.D. award for Resident of the Year at Mount Sinai Hospital. Dr. Lukose looks forward to bringing her expertise to the Chester area.

Welcome Reception

For Dr. Orme & Dr. Lukose

August 22, 2024 | Open House 5:00pm-6:30pm

Chester Country Club

1310 Lehmen Drive - Chester, IL | Appetizers and Cash Bar

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Employee of the 2nd Quarter of 2024

Child and Babysitter Certified

Welcome to Our New Directors
and Department Managers

Misselhorn Receives
Medical Laboratory Scientist (MLS) Certification

Wingerter Receives
Medical Explorer Scholarship from Auxiliary
Fun at Junior Explorers Camp

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Blood Drives

Free Sports Physicals

Child & Babysitting Safety Course

New Physician Open House Reception

Medical Exploring Program Registration

Prenatal Class

MEMORIAL HOSPITAL

—Since 1962—

RURAL HEALTH CLINICS

FAMILY HEALTH CARE

- | | |
|------------------------------|----------------------------|
| Newborn Through Geriatrics | DOT Physicals |
| Immunizations – VFC Provider | Minor In Office Procedures |
| Injection Therapy | Same Day Appointments |
| Family Planning | School & Sports Physicals |

CHESTER CLINIC

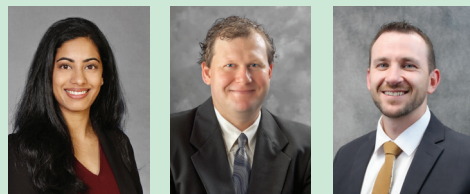
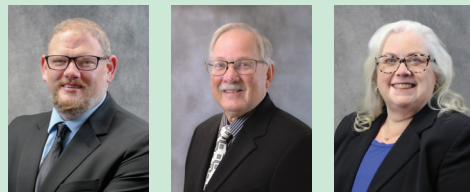
2319 Old Plank Road - Chester, IL 62233

618-826-2388

STEELEVILLE FAMILY PRACTICE

602 W. Shawneetown Trail - Steeleville, IL 62288

618-965-3382



James Kirkpatrick, M.D. • James Krieg, M.D.

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

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

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

Cassandra Chambers, FNP-C • Mindy Dudenbostel, FNP-C

Men's Health Screenings: Make Your Super Power a Healthy Future

When it comes to taking care of our health, preventive measures are key. Regular check-ups and screenings play a vital role in catching potential health issues early on, allowing for timely interventions and better health outcomes. As men, prioritizing your health through routine screenings can significantly impact your well-being. Here's a comprehensive guide on some men's health screenings to stay on top of your health game and be a hero to those who care about you.

ANNUAL CHECK-UPS: The Foundation of Men's Health

Regular visits to your primary care provider are essential for monitoring your overall health. Annual check-ups help track important health metrics, discuss any concerns you may have, and establish a proactive approach to your well-being. Don't wait for symptoms to arise; schedule that check-up today and take charge of your health journey.

Contact one of our Rural Health Clinics to schedule your appointment. Currently accepting new patients.

COLONOSCOPIES: Detecting Colorectal Cancer Early

For men aged 45 or earlier if at risk, colonoscopies are crucial for detecting colorectal cancer. This exam allows healthcare providers to inspect the colon for any abnormalities or precancerous growths. By undergoing this screening, you can catch potential issues early and increase the chances of successful treatment. Don't delay—talk to your doctor about scheduling a colonoscopy. Learn more about this procedure on our website.

PSA SCREENINGS: Monitoring Prostate Health

Men aged 50 and above should consider PSA screenings as part of their preventive care routine. Prostate-specific antigen (PSA) tests measure the levels of a protein produced by the prostate gland. Abnormal results may indicate prostate cancer, prompting further evaluation. This simple blood test can provide valuable insights into your prostate health and aid in early cancer detection. Talk to your doctor to see if you should be screened.

LUNG SCREENING FOR SMOKERS:

Protecting Respiratory Health

If you are a man between 50-77 years old with a smoking history of "20 pack-years" (equivalent to one pack a day for 20 years) or are a current smoker who quit within the last 15 years, lung screenings are recommended. These screenings aim to detect early signs of lung cancer in high-risk individuals. Prioritize your respiratory health by discussing lung screenings with your healthcare provider. Learn more about Memorial Hospital's Lung Screening Program on our website.

BE THEIR HERO - GET SCREENED

Taking care of your health is a journey that starts with proactive steps towards preventive care. By prioritizing men's health screenings and annual check-ups, you invest in your well-being and lay the foundation for a healthier future. Remember, early detection is often the key to successful treatment outcomes. Don't overlook the importance of routine screenings—your health is worth it.



Stay proactive, stay informed, and empower yourself to lead a healthier life through regular men's health screenings. Your future self will thank you for making your health a priority.

New Medical Office Building is Ahead of Schedule



The construction of the new Medical Office Building (MOB) next to Memorial Hospital is making excellent progress. The project, which commenced on September 5, 2023, and was originally projected for completion in early 2025, now appears to be on track for operational readiness by December of this year.

The Chester Clinic will be relocating to the new space before the end of the year, allowing customers direct access to hospital services, the Memorial Community Pharmacy, and diagnostic imaging and testing. This relocation, with enhanced access to primary care and thoughtful design features such as a spacious canopy for patient drop-off, reflects our unwavering commitment to prioritizing the needs of the patients we serve.

Situated on the west side of the current hospital, the MOB will be seamlessly linked to the existing building by a covered hallway, ensuring easy access to all services for our customers. Upgrades are also planned for the existing parking lot and drive, including

the addition of a drive-thru for prescription pick-ups at the Memorial Community Pharmacy, further enhancing convenience for our retail customers.

The addition of the MOB is a vital part of the hospital's long-term plan, aimed at enhancing our ability to provide compassionate care. Over the past six years, we have made numerous changes and updates throughout the hospital to prioritize patient-centered healthcare, safety, employee well-being, and modernized facilities. "At Memorial, we are committed to delivering professional excellence and ensuring the delivery of safe, quality healthcare, compassion, and outstanding service to our patients, the community, and our staff," says Brett Bollmann, CEO. "Memorial Hospital is dedicated to building a healthier community, and we are grateful for our skilled staff who support our mission and provide exceptional care to our patients."

(See additional photos on pages 16-17.)



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

Bleed Control Training for Therapy Staff: Ensuring Safety

As part of our comprehensive Emergency Management Preparedness Program, our dedicated team continually assesses the readiness of our departments and staff to ensure that they are equipped with the necessary training, skills, and tools to effectively handle any emergency situations that may arise.

In April, Georgia Stipe, our Emergency Management Coordinator at Memorial Hospital, collaborated with Kim Ruebke, who serves as the ER Nurse Manager and also fulfills the role of Stop the Bleed Educator. Together, they delivered a comprehensive bleed control training session for the dedicated staff members of the Therapy and Sports Rehab Center. This training aimed to empower the staff with the essential knowledge and techniques needed to effectively manage bleeding in emergency situations. Additionally, they ensured that the facility was equipped with the appropriate bleeding control equipment, further enhancing their preparedness for any potential traumatic events that may occur.



Therapy staff observe demonstration from Instructor Kim Ruebke.



Anna Burmester & Kimberly Clark practice using tourniquets.



Bailey Misuraca and Brandi Handsbury practice using tourniquets.



Kim Ruebke observes as Kimberly Clark practices packing a wound.

Memorial Community Pharmacy News



— COMMUNITY PHARMACY — New Drive-Thru Coming Soon



Construction is underway outside the Memorial Community Pharmacy entrance located on the west end of the hospital. Once it concludes, customers will have access to a new drive thru in that space. The horseshoe style drive will allow customers approach to a window that connects to the pharmacy. They can simply pull through and pick up their medications without having to leave their vehicle.

The pharmacy staff are delighted to be able to offer yet another convenient service for the community. This will be an additional line of service to their already existing options: counter pick-up, curb side pick-up, and 24/7 locker pick-up.

Since the pharmacy opened in 2022 they have worked purposefully to provide convenient and affordable prescription medication services to the entire community. They welcome new customers and are happy to assist with any medication or insurance questions. To learn more about Memorial Community Pharmacy, visit our website at www.mhchester.com/pharmacy or call 618-826-6134.

**OPEN Monday-Friday 7:00am-5:30pm
 Saturday 9:00am-1:00pm**

Prescription Savings Card Program

Memorial Community Pharmacy is now offering a Prescription Savings Card Program. This program is available to all patients; No account or insurance card is required. If you have a high out-of-pocket deductible, or low/no prescription drug coverage, you could save up to 80% or more on your prescriptions with this program.

How it works:

Present your card at Memorial Community Pharmacy whenever you fill a prescription from your healthcare provider. Our pharmacists will work with their networks to find the most cost saving medications for you.



Your card activates automatically!

You will become a member and start saving when you use your card for the first time. You will continue saving whenever you use your card to fill your providers' prescriptions at Memorial Community Pharmacy.

Where to find your card:

Cards are available at the Chester Clinic, Steeleville Family Practice, Memorial Hospital's Specialty Clinics and at the Memorial Community Pharmacy.

If you have questions regarding the Savings Card Program or your medications, please contact the Pharmacy at 618-826-6134.

Put Yourself in the *Right* Hands - General Surgery at Memorial

Getting top notch medical care doesn't always mean you need to travel long distances and go to a large city. Memorial Hospital's Surgery Department offers a vast number of procedures close to home with compassionate, quality care. Choosing to have your procedure at Memorial means you can start your healing process faster with less time traveling from the healthcare facility to home. You will also be treated like family, because there is a good chance you know one of our skilled staff members. Our surgical employees and providers are professionally trained, highly skilled, and the patient's needs and comfort are always their top priority. You can rest at ease knowing you are in good hands.

General Surgery Procedures

Dr. Ziya Baghmanli and Dr. Margret De Guzman, General Surgeons at Memorial, provide the following procedures:

Amputation	Hemorrhoid Treatment/Surgery
Appendectomy	Hernia Surgery
Artery Biopsy	Incision and Drainage (Lesions, Peritonsillar Abscess)
Axillary Dissection	Insertion Port-a Cath
Biopsy	Laceration Repair
Bowel Resection Surgery	Low Anterior Resection
Breast Biopsy	Lymph Node Biopsy & Excision
Breast Mass Excisions	Mass Excision
Circumcision	Mastectomy
Closure of Stoma	Muscle Biopsy
Colonoscopy	Paracentesis
Colostomy	Parotidectomy
EGD (scope to look into the stomach)	Sentinal Node Mapping Biopsy
Excision of Lumps and Bumps, Ganglions, Cysts	Sigmoidoscopy
Exploratory Abdominal Surgery	Skin Graft
Feeding Tubes	Splenectomy
Fine Needle Aspiration Thyroid Biopsy	Thoracentesis
Fistulectomy	Thyroidectomy
Foreign Body Removal	Vasectomy
Gallbladder Surgery	Wound Vac Application

Both General Surgeons also offer minor in-office procedures. In some instances these procedures can be performed the same day, making it convenient and eliminating additional appointments. Dr. De Guzman is the leading physician in Memorial Hospital's Wound Center, providing wound care weekly for patients.

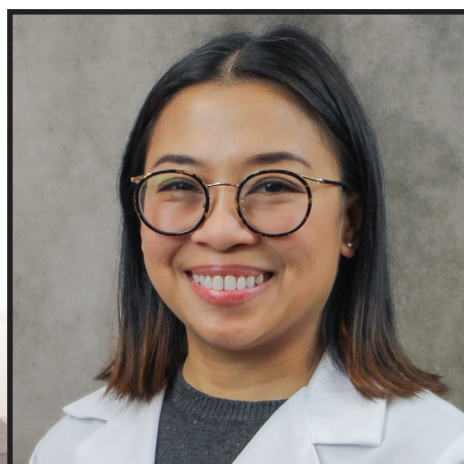
Schedule Your Next Surgery With Us

Speak with your primary care provider about your surgery treatment options. If your provider would like to refer you for a general surgeon consultation, let them know

"I want my procedure at Memorial in Chester!"



Dr. Ziya Baghmanli



Dr. Margret De Guzman



Protect Yourself From PHISHING

Phishing is a tactic used by scammers to steal your passwords, account numbers, or Social Security numbers. With technology touching every part of our lives, it is important to be proactive to protect yourself from scams.

Your email spam filters might keep many phishing emails out of your inbox. But scammers are always trying to outsmart spam filters, so extra layers of protection can help.

PROTECT YOUR COMPUTER by using security software. Set the software to update automatically so it will deal with any new security threats.

PROTECT YOUR CELL PHONE by setting software to update automatically. These updates could give you critical protection against security threats.

PROTECT YOUR ACCOUNTS by using multi-factor authentication; requiring two or more credentials to log in to your account. This is often something like a passcode, a PIN, or the answer to a security question, or a verification passcode you get by text, email, or from an authenticator app.

PROTECT YOUR DATA by backing it up. Back up the data on your computer and phone to an external hard drive or in the cloud.

What To Do if You Suspect an Attack
If you get an email or a text message that asks you to click on a link or open an attachment, answer this question:

Do I have an account with the company or know the person who contacted me?

If the answer is "No," it could be a phishing scam. If you see them, report the message if possible and then delete it.

If the answer is "Yes," contact the company using a phone number or website you know is **real** — do not click on anything in the email. Attachments and links might install harmful malware.

What To Do if You Responded to a Phishing Email

If you think a scammer has your information, like your Social Security, credit card, or bank account number, go to [IdentityTheft.gov](https://www.identitytheft.gov). There you'll see the specific steps to take based on the information that you lost.

If you think you clicked on a link or opened an attachment that downloaded harmful software, update your computer's security software. Then run a scan and remove anything it identifies as a problem.

Protect Yourself From AI Scams

AI-voice scams are a sophisticated scam where criminals use artificial intelligence to replicate human voices, often impersonating trusted individuals or organizations, to deceive victims into revealing sensitive information or sending money. With advancements in technology, scammers now use deepfake voice phishing and AI voice cloning to sound legitimate. Scammers exploit this technology to trick individuals into disclosing sensitive information or sending money.

While traditional phishing typically involves fraudulent emails or text messages, AI-voice scam employs voice technology to mimic real people. Unlike other scams, AI-voice scam can sound extremely convincing, making it harder to discern the fraudulent nature of the call.

What Happens When You Respond to an AI Voice Scam

You could suffer financial loss, identity theft, or compromise sensitive personal information such as passwords, bank account details, and social security numbers.

SIGNS OF AI-VOICE SCAMS:

- Listen for unnatural pauses or robotic-sounding speech.
- Question unexpected requests for personal or financial information.
- Verify the caller's identity through a trusted source.
- Stay calm and avoid succumbing to pressure tactics.
- Check for inconsistencies in the caller's story.

What To Do After Receiving an AI Voice Message?

- Hang up immediately without providing any information.
- Report the incident to relevant authorities or your service provider.
- Warn friends and family about the scam to prevent others from falling victim.
- Consider blocking the caller's number to avoid future contact.

How To Stay Protected

- Be cautious of unsolicited calls requesting personal information.
- Verify the identity of callers, especially if they ask for sensitive data.
- Avoid sharing personal or financial information over the phone unless you're certain of the caller's authenticity.
- Use two-factor authentication for sensitive accounts to add an extra layer of security.

Sources: [How to Recognize and Avoid Phishing Scams | Consumer Advice \(ftc.gov\)](https://www.ftc.gov) and [AI Voice Scam: How to Spot, Respond and Avoid Falling Victim | Trend Micro Help Center](https://www.ftc.gov)





The DAISY Award®

FOR EXTRAORDINARY NURSES

**HONORING NURSES INTERNATIONALLY
IN MEMORY OF J. PATRICK BARNES**

FIRST HALF OF 2024

On May 7, 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.

Nominees, for the second half of 2024, were presented with a pin and certificate. The nominees were: Emily Colvis, LPN at the Rural Health Clinics and Memorial Hospital Wound Clinic; Tamara Despain, Medical Surgical Unit RN; Maribeth Golding, RN House Supervisor at Memorial Hospital; Greg Griffith, Medical Surgical Unit LPN; Grace Knop, Medical Surgical Unit RN; and Angie Schoenbeck, RN House Supervisor at Memorial Hospital.

Memorial Hospital's Daisy Award Honoree for the first half of 2024 is Emily Colvis. Emily received four nominations from her co-workers, supervisor, and a patient. All four submissions commended her for going above and beyond, putting her patients first, and providing compassionate care while remaining calm and focused. Emily has worked at Memorial for 2 years. Upon receiving the award she expressed her gratitude, "Receiving this award further inspires me to continue my passion as a nurse. I am reminded that the smallest acts of kindness and caring have the biggest impact and taking the extra moment during a busy day with patients makes a difference. This recognition will forever leave an impression on me throughout my career. I will do my best to continue to try and make differences." She stated that she enjoys working with some of the best nurses, doctors, and admission receptionists. "I feel like most of the people I work with are family and that we do anything we can to be present and there when we need each other. I'm truly grateful to work for this establishment."

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



Emily Colvis, DAISY Award Recipient

DAISY Award Recipient

Emily Colvis - "Emily goes above and beyond for her patients. She spends extra time with them to make sure they are comfortable and understand what is going on. She goes the extra mile to make sure her patients have what they want and need. Emily can make a not so happy patient smile and laugh when no one else can."

"Emily is an outstanding nurse. She goes above and beyond for patients. She has gone out of her way to get things that patients have needed at Walmart or Amazon. She even delivered compression socks to a patient's house that has a hard time getting around. Emily loves her patients and is always one to step in when someone needs anything."

"One week prior to my visit at Chester Clinic, I got burned very badly on my stomach and legs. I saw Dr. Kirkpatrick for my burns and he referred me to the Wound Center where I met Emily. Emily was in charge of changing my dressing. Emily was very patient, professional, and a breath of fresh air. Emily made me feel at ease and comfortable. Emily was very gentle and cared about the fact that I was in a lot of pain. She explained step by step what she was doing and what I needed to do. She made sure I had everything I needed for my dressing changes at home. She was a breath of fresh air and I am glad she was the one that took care of me. I don't know how much she gets paid but it's clearly not enough. She was wonderful and very professional. I am very pleased. Kudos to Dr. Kirkpatrick for having such a wonderful nurse on his staff."



"Emily received a very distraught call from an elderly patient with concerns of her own safety in her home. Emily stayed very calm while notifying another nurse to call and have an officer go to the patient's home for a wellness check. Emily was very patient and kept the patient calm, even though the patient's husband was yelling and making threats in the background. Emily was on the phone for 40 minutes until there was an officer with patient and she was sure the patient was safe."

DAISY Award Nominations

Tamara Despain - "It is hard to just pick a few nurses that deserve to be nominated, so many of the staff were great. RN Tamara is one of those. During my 2 weeks of staying with my aunt at the hospital, Tamara was wonderful with my aunt. She took time and found things to make my aunt comfortable when she was unable to tell us what was hurting. Tamara gently and genuinely tried to make my aunt's few remaining days have quality and be comfortable. Tamara offered comfort and kind words to us and made a horrible situation less painful for our family. Tamara not only provided excellent care but was seen teaching less experienced nurses with patience and grace. Her smile and sweet interactions with my aunt allowed me the time to process the hard decisions I had to make. I could tell Tamara had a beautiful soul and an abundance of caring for others. Her kind words, knowledge, and encouragement made all the difference to me and my loved one. In a world of so much despair, a spark of humility and kindness makes an impossible situation a little better. Tamara is the role model other nurses should strive to be."

Maribeth Golding - "I would like to nominate Maribeth Golding for the Daisy Award. I have never heard this awesome nurse tell another staff member no or "I do not have time" when asked if she could help with something. Most of the time, we do not have to ask at all, she is always 3 steps ahead, jumping up immediately if a call light goes off. She is the definition of a nurse and a leader in my eyes. When she is supervisor, her strong confident character, incredible work ethic, impressive skill set, and positive attitude is so reassuring to staff because they know they will have a smooth shift, even if at times it can get very busy. She will not let anyone sink, or a patient be unsafe. She has all the above attributes, but in addition she is also very compassionate to patients and families. I have witnessed her perform CPR to the extent of exhaustion, console the family when we were unable to save him/her, and then tearfully go right back to doing what she does best.....setting the example to all nurses watching her what a true rock star really is."

Greg Griffith - "During the 2 weeks I stayed with my aunt when she was hospitalized, I encountered many great staff members. I would like to share my observations and interactions I had with Greg. My aunt was especially hard of hearing and he would make the extra effort to explain things to her and listen to what she had



Susan Diddlebock, CNO; Grace Knop, Emily Colvis, Maribeth Golding, Tamara Despain, Amy Eggemeier, Care Coordinator Mgr.



to say. Greg was so friendly and caring. No matter how busy things got, he never allowed anyone to feel unheard or too hurried to comfort my aunt. Even minor requests for more ice, Tylenol, a warm blanket, another pillow or a recliner chair was done right away. His exchanges with my aunt were comforting. She responded positively and I know she looked forward to the nights he worked. He would come in to take vitals during the night and unlike some nurses, he wouldn't turn the lights on and be loud. He used his pen light and tried not to disturb her or myself while sleeping. Greg's interactions were spot on with her and us. It truly made things bearable. He worked great with the CNA Brian, they worked together like a well-oiled machine. They were attentive to my aunt but also to my family staying at the hospital. My aunt loved being taken care of by them and it showed how much they love taking care of patients."

Grace Knop - "Thanks so much for being a 'super nurse' when I was recently seen in the ER. You were very kind and caring to me. God bless you."



Angie Schoenbeck - "When my family member was hospitalized and I had learned of how she had been neglected at her own home, I struggled with many emotions. I was heartbroken for her. I was angry. I felt guilty that I had not protected her and overall sadness as I came to the realization I would need to do what was best for her and that was to tell her goodbye, that she is loved beyond measure, and let her go to a place where pain is never felt again. RN Angie was so kind. She gave us words of encouragement, support, sound information and outpouring of love. Angie's love for patients comes out so effortlessly. It is evident she goes above and beyond and this work is not just a paycheck for her. Often it is not just the patients that need healing, but the family of the patients' needs too. Even if it is just a smile, kind words, or asking if anything is needed, Angie exemplifies what a healthcare professional should be."



Emily Waeltz

Capturing the Beauty of Rural Life: A Glimpse into Our Photo Contest Winners



Sunflower Photo by Mallorie Homan

As Memorial Hospital completes renovations throughout the hospital, connection with the rural community is a theme carried throughout the new spaces. Last year, Memorial held a photo contest looking for images that capture the beauty of rural life. Photos from three talented individuals have been selected for display in the new out patient Specialty Clinic at the hospital.

Emily Waeltz from Marissa, IL had two photos selected for display in the waiting room of the new clinic.

Her photos capture the beauty of sunflowers in the corner of her yard on her farm during a summer sunset. The bright yellow and deep red flowers beautifully fill the space with vibrant colors and brilliance. Emily has a passion for rural life and is blessed to be raising the fourth generation of farmers to care for their family's land. "I love taking photos of the fields, crops, tractors and everyday farm life to share with others who are not as lucky to live in the country," says Emily. "Sunset time is my favorite time of the day. I'm always chasing sunsets!" Emily's photographs have also graced the cover of the 2023 St. Clair County Farm Bureau's plat book.

Brantley Hamilton of Rockwood, IL had one of his photos selected for the new space. His family raises cattle and truly loves caring for the animals. During an evening ride the dust settled behind one of the family's bulls on their farm, and the sunset illuminated the scene perfectly. He used the photo as part of his collection for a 4-H contest as well. Brantley loves the freedom that comes with living in the country and that his family is able to do so much.

Mallorie Homan of Chester, IL had two photos selected. Her entries of a bee resting on a yellow sunflower and a fall rock road draped in golden leaves, added to the brilliance of the collection the department choose. Mallorie took her sunflower picture at Alto Pass. "My love for sunflowers stated when I brought home a small plan in preschool. I have had sunflowers at my grandma and grandpa's house several times. It's amazing how tall they can grow." Mallorie enjoys rural life because she loves animals, seeing the crops in the fields for miles, and seeing the changing of the seasons.

Each of these winning photographs tells a unique story of rural life, capturing moments of beauty and tranquility that resonate with viewers. Through their lens, these talented photographers have opened a window into the heart of Southern Illinois, inviting us to pause and appreciate the simple pleasures that surround us.

At Memorial Hospital of Chester, these images will serve as a source of solace and inspiration for patients and visitors. In a space that can often feel overwhelming, the familiar sights of rural landscapes bring a sense of familiarity and peace, creating a comforting environment for all who walk through our doors.



Red Sunflower Photo by Emily Waeltz



Brantley Hamilton



Mallorie Homan

Community CARE

Memorial Hospital Employees, Out & About in Our Community



Human Resources Director, Julie Stern, discussed healthcare employment opportunities at SWIC - Belleville Campus in April.



The Chemotherapy & Infusion Department, along with Dr. Justin Floyd, D.O. of Medical Oncology/Hematology celebrated Cancer Survivor Day on June 6 with an Open House celebration sharing sweet treats, goodies, and gift raffles with visitors.

St. John Lutheran School receiving Bleed Control Kits



St. Marks staff observing instructional demonstration.

St. John staff practicing tourniquet application.



St. Marks bleed control training stations.

Through Illinois Critical Access Hospital Network, Flex Grant funding, Memorial Hospital has been providing schools in Chester and Steeleville with lifesaving, bleed control training. Upon completion of their training, each school is supplied with bleed control kits. So far Chester High School, Elementary, and St. John Lutheran along with Steeleville's St. Marks School have completed their training. Trainings are scheduled this fall for St. Mary's Catholic School in Chester and Steeleville High & Elementary School.

What happened last quarter?

Grace Knop Named Employee of the Quarter: 2nd Quarter of 2024

Brett Bollmann, CEO at Memorial Hospital named Grace Knop Employee of the Quarter for the Second Quarter 2024 on July 17.

Grace Knop, RN in the ER, ICU, and Med Surge Unit has worked at Memorial Hospital for almost two years. As a high school senior, she was the recipient of the 2018 Pathfinders Program Scholarship at Memorial Hospital, and has always had a love for healthcare. When asked what she likes most about working at Memorial, she replied, "I love that I can give my patients the time and care they deserve, because there is great teamwork with the nursing staff. We have got a great crew here!"

Her co-workers who nominated her wrote, "This employee is a very dependable and a very caring nurse. She portrays professionalism to the ER patients, physicians and other staff. She provides urgent and compassionate care to the patients and shows empathy to them. She is a genuine, positive person. She has a warm and welcoming personality with a positive attitude. Her smile brings positive

energy to the patients that she cares for which builds trust for a good relationship during their visit. She is confident in what she does and always willing to assist her co-workers and the physicians. She is energetic and uses her time wisely while on duty. This employee demonstrates the Memorial Hospital Mission Statement: Commitment to professional excellence in providing safe, quality healthcare, compassion and service to the patients."

Knop resides in Steeleville, IL and is recently engaged to Hunter Beetley. On her days off, she loves to be outside gardening, hunting, or boating.

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

Cambrea Doeding, Medical Laboratory Technician; Rex Overbey, IT Tech 2; Amanda Rhyne, RHC Administrative Assistant; and Kristen Schwartz, Registration Clerk at the Steeleville Family Practice.



Brett Bollmann, CEO and Grace Knop

Child & Babysitter Certified

Memorial Hospital hosted its annual Child and Babysitting Safety (CABS) classes in May and June, and is gearing up for another session on July 31. A total of twenty-seven boys and girls, ranging from 11 to 14 years old, participated in the day-long events, where they gained valuable skills in infant and child care, as well as emergency care. This class has become a highly esteemed resource for young adults who often find themselves in charge of younger siblings without adult supervision, and for those eager to kick-start their own babysitting venture. The students not only completed classroom work, but also received hands-on CPR demonstrations and were trained in diapering infants. The dynamic classes were led by Mariah Bargman, Marketing and Community Relations Coordinator and Certified Instructor, with support from Medical Explorers who assisted with the training exercises.

**LIMITED SEATS REMAIN FOR
July 30 | 8:00am-2:00pm
Memorial Hospital Conference Room
\$25/Child**

**Includes Program Booklet, Certification Card, & Lunch
Pre-registration is required.**

To sign a child up for the July 31 class register online at
www.mhchester.com/calendar-of-events



May 28 Class - Karlos Perez, Mackenzie Laurent, Bella Gimber, Elizabeth Wenzel, Alta Hindrichs, Ellie Hahn, Arabella Mallender, Hadlie Cushman, Medical Explorer Amelia Terry, Aubree Kumke, Mabrie Cushman, Brynn Klein



June 25 Class - Miley Bert, Shelby Malone, Myra Yankey, Cheyenne McDonald, Kaysie Deterding, Olivia Deterding, Kaylie Mikel, Floyd Adams, Makenzly Stewart, Medical Explorer Natalie Guetersloh, Taylor Stauffer, Madeline Fuetnes, Yamilet Fuentes, Katie Deterding, Izzy Billingsley, Jonah Cross, and Medical Explorer Taylor Throop.

What happened last quarter?

Welcome to Our New Directors and Department Managers



Mindy Bramlett,
OR Nurse Manager

"I have a variety of experience as a nurse," says Mindy. "I have worked with elderly in nursing home facilities, on med/surg units, emergency departments, and for the past 12 years, I have worked in surgical services." She started in a supervisor role in 2015 and has continued to find joy in supporting staff through leadership.

Her favorite thing about working in healthcare is the variety of learning opportunities while working to help others. She hopes to lead by example, work hard, and be supportive, so that the OR Nursing Team can best care for patients.

Mindy Bramlett, OR Nurse Manager, has over 25 years of experience in healthcare. She worked as a CNA for 4 years, an LPN for 7 years, and a RN for 15 years. She finished her BSN in 2017 and is currently working on an MBA in Healthcare Management.

As a leader, she hopes to accomplish adding more 'from scratch' items to the menu. She wants our team to make attractive food while maintaining high standards of hygiene, sanitation, production, and service to all patients and staff.



Torrie Davitz,
Rural Health Clinics Director

When asked what she loves most about working in healthcare, Torrie replied, "Knowing you make a difference in someone's life, is so rewarding. I feel blessed to work with an incredible team of professionals, who strive every day to give quality care to our patients."

As Director, she is committed to fostering a culture of respect, effective communication across the department and teamwork. She is excited with the growth of the practice. "With the addition of our 2 new physicians and the new Medical Office Building, I'm excited to contribute to the growth and success of our organization."

Torrie Davitz, Rural Health Clinics Director, has been in healthcare over 25 years. She started as a CNA, then advanced to and LPN and has been in nurse management for the last 9 years at Memorial Hospital's Rural Health Clinics.



Jeanice Brandes,
Dietary Director

She makes lemonade out of lemons at every turn, which makes her a good role model for her employees to look up to.

Of her new position, she says she enjoys the challenge of the role and all the new ideas being implemented. She feels change is a constant and is always looking for new ways to better improve the department, from more sanitary options for shelving to new recipes and showing cooks tricks she has learned over the years. It is rewarding to hear from patients (and staff) about how much they enjoy their food here and she is always quick to pass along the compliments to the team as well as quick to assess any concerns.

Jeanice Brandes, Dietary Director, has 40+ years of experience in the culinary field. From support work in the kitchen to Dietetic Cook to obtaining her Certified Dietary Manager, Certified Food Protection Professional (30+ years) and overseeing multiple kitchens at a time, she has developed a love for the challenges that come with her position and working to breaking the stereo-type of institutional foodservice.



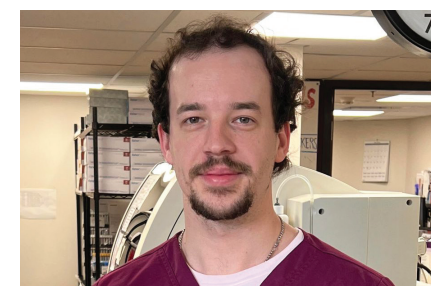
Amanda Johnson,
Rural Health Clinics Nurse Mgr.

As a manager, she looks forward to sharing her knowledge and experiences from working in different departments with her team. She is excited for the transition to the new Medical Office Building. "This will be more convenient for our patients to have access to different services in one location."

Amanda Johnson, Rural Health Clinics Nurse Manager, has been in nursing for 24 years. When asked what she loves most about working in healthcare, Amanda replied, "getting to know our patients and helping them manage their healthcare needs. I also enjoy working with our clinic team, they really do make a difference in our patients' lives and they make coming to work fun!"

Misselhorn Receives Medical Laboratory Scientist (MLS) Certification

In March, Brandon Misselhorn, MLS successfully completed and passed the accredited American Medical Technologists (AMT) Medical Laboratory Scientist (MLS) certification test. His hard work and dedication to his field were recognized in April when the lab celebrated his remarkable achievement. We are grateful for Brandon's commitment and the extra effort he put into obtaining his certification.



What happened last quarter?

Wingerter Receives Medical Explorer Scholarship from Auxiliary

Memorial Hospital of Chester, IL is proud to announce that Mabry Wingerter, daughter of Chris and Nicki Wingerter of Chester, IL, is the recipient of the 2024 Memorial Hospital Medical Explorer Scholarship awarded by the Memorial Hospital Auxiliary. Applicants for this award must be seniors in high school or currently enrolled in college, be members of the Memorial Hospital Medical Explorer Program, complete an application essay, six hours of job shadowing, and complete a reflection essay. Upon their completion of the scholarship process, the committee reviews their evaluations from job shadowing along with their essays. This year's applicants included Josalynn Anaya, Liberty McCormick, and Mabry Wingerter, all from Chester High School. All three applicants have been active members of the Medical Explorers Program for multiple years and enjoyed their time job shadowing and learning about the variety of careers available in healthcare.

Anaya will be attending Southwestern Illinois College (SWIC) where she plans to attend their Radiology program and McCormick plans to pursue a career in nursing.

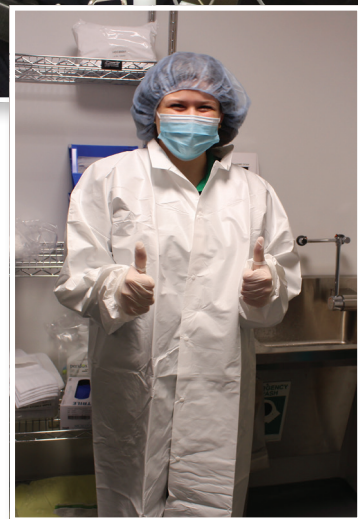
Wingerter, this year's recipient will be attending Westminster College this fall and plans to major in biology with the goal of becoming a Physician Assistant. She has been a member of the Explorers Program at Memorial for two years. Her favorite presentations were from the radiology and surgical nursing departments. She enjoyed job shadowing with the Physician Assistants and Nurse Practitioners at the Chester Clinic and her observations in the diagnostic imaging department, "I learned how important it is to develop good relationships with the patients," said Wingerter, "and I was amazed at how the imaging machines work and found it really interesting."

Wingerter has a passion for volleyball and volunteering. This past year she worked with another student at Chester High School to manage the "Just for Jackets Food Pantry." The pantry serves students at CHS, and bags are organized to go home with families every two weeks. Her Junior and Senior year at CHS she was in the National Honor Society and participated in volunteer work at basketball games, track meets, the Chester Grade School's Santa's Cottage, tutoring students, and helping with blood drives at the high school.

Overall, Wingerter had this to say about her experience in the



Auxiliary President Mandell Granger presents scholarship check to Mabry Wingerter.



Memorial Hospital Medical Explorers Program,

"I absolutely loved this program, and I would recommend that any student looking into the medical field should join the program. You are exposed to so many opportunities and different fields that can spark an interest for you. This program has helped me find the career path that I am certain is the best path for me."

All scholarship applicants this year were very worthy of receiving the \$500 award and the committee was impressed by their ambition and commitment to their futures in their selected healthcare careers. The committee would like to thank them all for their participation in the scholarship program and wish them success in fulfilling their future goals.

REGISTRATION FOR THE 2024-2025 PROGRAM YEAR IS NOW OPEN For High School Freshmen to Students Age 21 FREE - 9 month Program Download an Application & Learn more at: www.mhchester.com/exploring

What happened last quarter?

Fun at Junior Explorers Camp

engaged with state-of-the-art equipment, uncovering the endless possibilities that healthcare professions offer.

The mission of the camp is to inspire the next generation of healthcare leaders. "By providing hands-on experiences and interactive sessions, we aimed to ignite a spark of curiosity in our campers, encouraging them to consider the vast array of healthcare careers available," explains Mariah Bargman, Marketing and Community Relations Coordinator and camp organizer.

Throughout the camp, students had the opportunity to explore a myriad of healthcare professions, from nursing and radiology to dentistry and physical therapy. By learning from professionals and participating in skills workshops, our campers gained valuable insights into the diverse roles within the healthcare industry.

A thank you goes out to all the dedicated individuals who contributed to the success of the Junior Explorers Camp. From leading engaging sessions to sharing their expertise, the presenters played a pivotal role in shaping a memorable experience for the campers.



Memorial Hospital held its 2nd Annual Junior Explorers Camp, June 19-21, 2024. A group of 11 young adults ventured into the world of healthcare at the hospital's camp, designed exclusively for students entering 6th-8th grade.

From exploring various hospital departments to meeting passionate staff members, the campers got an exclusive behind-the-scenes look at the inner workings of a healthcare facility. Students



2024 Junior Explorers (Top Photo L-R, F-B): Jolynn Frazer, Natalie Venus, Myra Yankey, Jarety Garcia, Kinsley Hecht, Ronin Bradshaw, Edwin Garcia, Hadlie Cushman, Mabrie Cushman, Morgan Nanney, and Brenna Hammel. Photos (L-R, Top-Bottom): Jarety enjoying health snack from Dietary Department presentation. Kim Ruebke, ER Nurse Mgr. and Kelly Jany, MSU Nurse Mgr. demonstrate AutoPulse. Lab Director, Mike Whitt, observes as Morgan peers through microscope in laboratory. OR Nurse Manager, Mindy Bramlett assists as Jolynn uses laparoscopic tools in operating room. Dr. Melaina Hess helps Natalie fill tooth during Dentistry presentation. Chester Fire Department cools the Jr. Explorers down during their presentation.

Front construction progression from September 2023 to April 2024. (Photo by Ken Stout)



Rear construction progression from February 2024 to May 2024. (Photo by Ken Stout)

Interior Photos (L-R, T-B): Main entrance admitting windows. Admitting windows and receptionist desks. Hallway off of main lobby. Lower level hallway. Large image - View from inside lobby, looking out toward canopy.

VOLUNTEER & AUXILIARY NEWS

Memorial Hospital Gift Shop: A New and Improved Shopping Experience!

Memorial Hospital Auxiliary Gift Shop in Chester is pleased to announce that after nine months of construction, we are open again! The Gift Shop has been relocated next to the front lobby and volunteer desk. It is a much larger area with new merchandise not previously carried. Please come out and see us for all your gift giving needs or just to spoil yourself. Our hours are Monday through Friday from 10:00 am to 2:00 pm.

The Hospital Gift Shop is a major source for raising funds to accomplish various projects around the hospital facility. In The Gift Shop hospital employees, as well as the public, can purchase a wide variety of merchandise including stylish purses and totes, jewelry, & other women's accessories; cutlery, candles, soaps, memorial stones, home décor, children's books, get well gifts, STL Cardinals gear and accessories; cards, candy bars, gum, and some luxury toiletries...to mention a few.

Funds raised from the Gift Shop are used for nursing scholarships, Medical Explorers Program scholarships, and in conjunction with the Tree of Remembrance to purchase equipment for various departments of Memorial Hospital.

Memorial Hospital is grateful to our many active and inactive Auxiliary Members who put in many hours and annual contributions to support our healthcare system. Their involvement and dedication in raising funds to provide valuable equipment for the hospital and scholarships is greatly appreciated.

Learn more about how you can join their efforts and give back to your community on our [Auxiliary webpage](#).



Brenda Ramele, Maniell Cranger, Kathy Albrecht open the new Gift Shop doors for business.

Upcoming community Events



August 23 | September 13 | October 18
11:30am-4:00pm - Memorial Hospital, Chester
Sign-up to Donate: www.redcrossblood.org



8:00am-11:00am
July 20 - Chester Clinic - Chester School District Only
July 27 - Steeleville Family Practice
Steeleville & Trico School Districts Only
No appointment necessary. A signed physical form is required.
Download a form at: www.mhchester.com/free-sports-physicals



July 30 | 8:00am-2:00pm
Cost: \$25 | Ages 11-14 years
Memorial Hospital - Conference Room
Limited Space! Pre-Registration Required; Register Online at: www.mhchester.com
Program Booklet, Certification Card, and Lunch is included.



August 22 | Open House 5:00PM-6:30PM
We invite the community to join us in
Welcoming our new family physicians:
Dr. Orme & Dr. Lukose
Chester Country Club - 1310 Lehmen Drive, Chester, IL
Appetizers and Cash Bar



FALL REGISTRATION NOW OPEN
Cost: FREE | High School Students 14 years to Age 21
Registration Deadline is September 1
Download a Registration Form Online at: www.mhchester.com/exploring
Program year starts September 2024 and ends May 2025.



October 5 | 8:00am-NOON
Cost: FREE | Open to Everyone
Chester Public Library, 733 State Street, Chester, IL - Basement, Use Rear Entrance
Pre-Registration Required; Register Online at: www.mhchester.com
Presented by Jill Arbeiter, RN

WWW.MHCHESTER.COM/CALENDAR-OF-EVENTS

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

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



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

Welcome New Employees

Mindy Bramlett
Madison Kribs
Kim Linthicum

Blossom Pardieck
Lacey Bilderback
Nikki Cameron

Congratulations Retirees

Carla Fedderke
Laura Cleiman

Sue Robinson

Sign-up for an electronic newsletter at:
www.mhchester.com



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