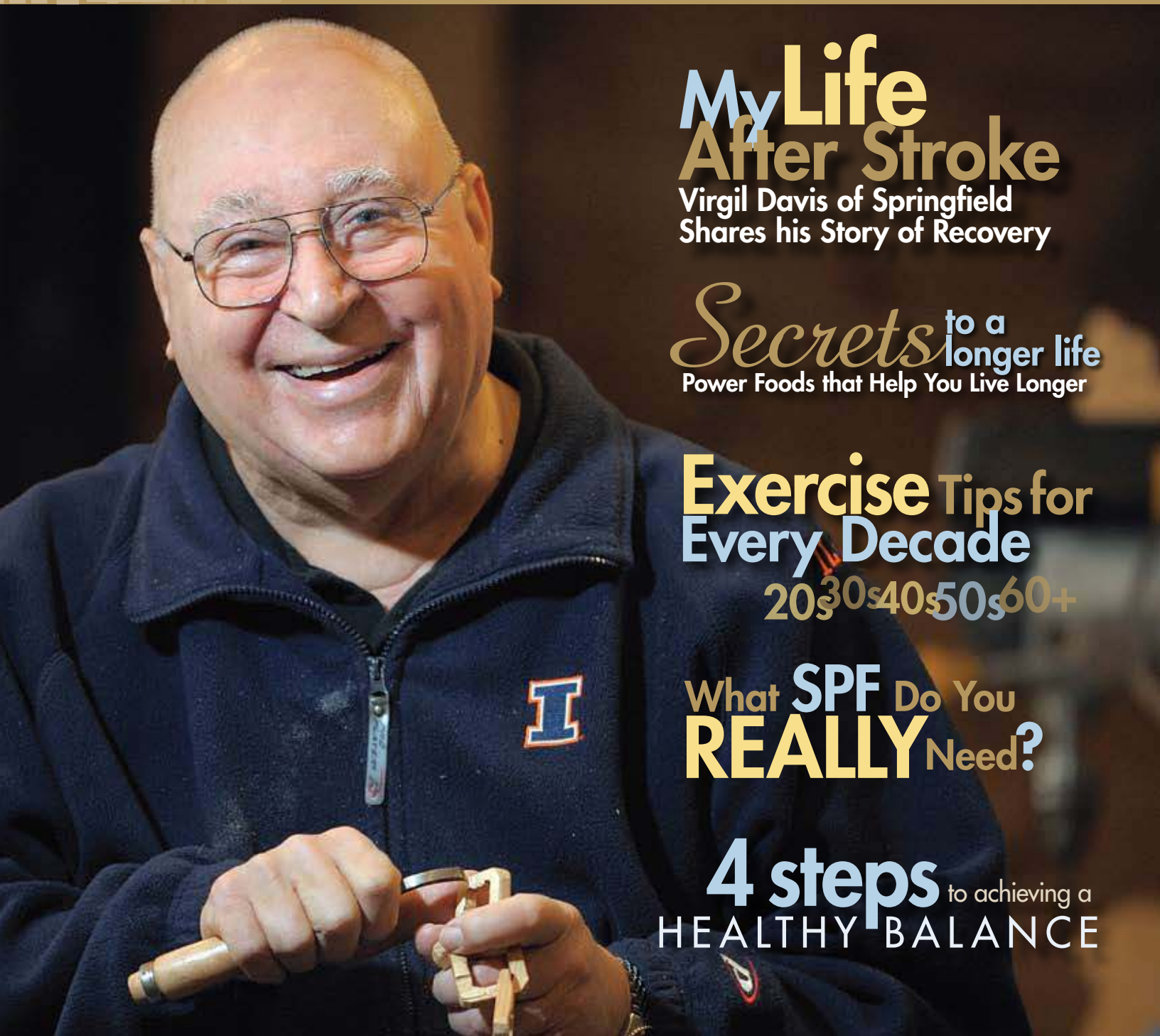


# Live Well

MAGAZINE

A publication of Memorial Health System  
Improving the health of the people and communities we serve.



## MyLife After Stroke

Virgil Davis of Springfield  
Shares his Story of Recovery

*Secrets* to a longer life  
Power Foods that Help You Live Longer

Exercise Tips for  
Every Decade  
20s 30s 40s 50s 60+

What SPF Do You  
**REALLY** Need?

4 steps to achieving a  
HEALTHY BALANCE

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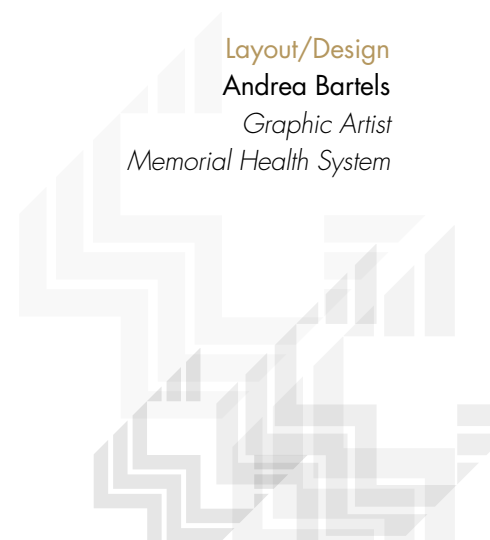
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## LETTER OF INTRODUCTION

Dear Friends,

Welcome to another issue of Memorial Health System's *Live Well* magazine. In the spirit of our mission to improve the health of the people and communities we serve, we hope the information contained in these pages inspires and motivates you.

Here at Memorial, we are proud to offer nationally recognized healthcare services, including a renowned inpatient rehabilitation program that serves stroke survivors (among many other patients). Suffering a stroke can be a terrifying experience that often results in a trying period of recovery. To relearn the

most basic skills — walking, eating, even smiling at a loved one — can be humbling and frightening, but as you'll read in Virgil Davis' story beginning on page 6, these challenges can be overcome. The highly skilled and caring team at Memorial is proud to be a key part of that healing journey.

In this edition, you'll find a wealth of practical health information for you and your family. With winter behind us, you may be thinking of resuming a more regular fitness routine. Regardless of which season of life you are in, we've gathered tips from the experts at Memorial's SportsCare about the best way to stay fit through each decade of life. You'll also discover how to help your baby or toddler take the first steps toward mastering language on page 12, how to protect your family from the sun as you enjoy the outdoors on page 4 and much more.

We are proud to be part of this community and value the trust you place in us. If we can provide you with additional information as you pursue your health goals, whether it's in the pages of future issues of this magazine or through one of our locations in Springfield, Jacksonville, Taylorville, Petersburg, Lincoln and the surrounding communities, please let us know. Our contact information is on the right side of this page, and I encourage you to connect with us.

Have a wonderful spring, and thank you for choosing Memorial.

Edgar J. Curtis  
President and CEO  
Memorial Health System



### We want to hear from you!

*Live Well* is published three times annually by Memorial Health System. We want to hear from you — do you have a topic you'd like to see addressed in this publication or have other feedback? To contact the *Live Well* editor, email [LiveWell@mhsil.com](mailto:LiveWell@mhsil.com) or call 217.788.0215.

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## A Bright Idea

By Kelsea Gurski

### Protect Yourself and Your Kids Before Having Fun in the Sun

As a fair-skinned mom to three fair-skinned children, all of whom love to be outdoors, pediatrician and internal medicine physician Cara Vasconcelles is particularly attuned to proper sun protection.

"I usually start applying sunscreen whenever the kids can be outside – without a coat on – for longer than 10 to 15 minutes," said Vasconcelles, who practices with Koke Mill Medical Associates, part of Memorial Physician Services. "If you can be outside for that long without a coat and are comfortable, that means it's warm enough to get a sunburn."

Research shows that with each significant sunburn a child experiences while younger than 18, their cancer risk increases greatly in adulthood. "It's important not to be afraid of the sun, but to just use common sense and practical measures to keep kids and adults from getting a sunburn," Vasconcelles said.

If you or your child does experience a mild sunburn, use Tylenol and a cool compress to relieve discomfort. If you notice any blistering, especially on an area of skin larger than your palm, that's indicative of a second-degree burn and worthy of a call to your physician. Also seek medical help if you are physically ill, nauseous and have a headache, as that can indicate sun poisoning.

Vasconcelles recommends seeing a dermatologist on an annual basis beginning around age 35, or earlier if you have a family history of skin cancer, very sensitive skin or a history of significant sunburns. ↵



## DR. VASCONCELLES SUGGESTS:

- **Pick the right sunscreen.**

Vasconcelles recommends using a lotion versus a spray sunscreen. "A lot of times, people use the sprays because they're quicker and easier to put on children, but the problem is, they don't last as long and it's easier to miss spots," she said. "With lotions, it's easier to spread evenly and get those areas you might miss otherwise – such as the face and ears."

- Use a sunscreen with at least a Sun Protection Factor (SPF) of 30 and protection from both UVA and UVB rays. An SPF of 30 means one can stay

outside 30 times longer than a person without sunscreen before experiencing skin damage. Products with an SPF of 30 usually provide 90 minutes to three hours of protection depending on the wearer's activity level.

- **Invest in a tear-free sunscreen for the face.** "Sometimes people don't put sunscreen on their forehead or the nose because they're afraid they'll get it in their eyes, and then they aren't protected," she said.

- **Consider putting a swim shirt on children.** Two of the main areas physicians find cancer are

on the upper back or shoulders and chest or abdomen — all areas that a swim shirt with SPF can protect.

- **Apply sunscreen 15 to 20 minutes before going swimming** to allow it to thoroughly soak in. "Make it a habit or plan to put it on before you leave for the pool, and then the kids won't complain when you make them wait to get in."

- **Get each child his or her own bottle of sunscreen.** This will come in handy when your children go swimming or on an outing with friends.

MD PROFILE



**Cara Vasconcelles, MD**

- Medical degree from SIU School of Medicine
- 15 years in practice
- Board certified in internal medicine and pediatrics

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Visit [MemorialMD.com](http://MemorialMD.com) for more information.

# The Balancing Act

By Stephanie Lahnum  
Photography by Chad Jeffers

Liz Iseli knows a thing or two about stress. The great-grandma from Springfield juggles a full-time job while driving her husband to and from work every day.

"It doesn't matter that my kids are grown," Iseli said. "There still wasn't time to do all the little things."

Last fall, Iseli decided to enroll in an eight-week stress reduction program at Memorial Medical Center in Springfield. Offered through Memorial Counseling Associates, the Stress Reduction Program provides Mindfulness-Based Cognitive Therapy, a mind-body approach to coping with stress and other factors.

"The techniques I learned helped me achieve that magic word – balance," Iseli said.

To wind down after a stressful day, Iseli now uses special breathing meditations and yoga stretches to relax. She also blocks off 30 minutes a day for her own personal time.

"Listen to music, put on a face mask, exercise, whatever you feel like doing," she said. "Nothing is so important that it should take over everything else."

Iseli's situation reflects the situations of many other Americans trying to juggle relationships, responsibilities, heavy workloads and time for personal interests. And recent studies show those everyday stressors could be taking the greatest toll on women.

"Women tend to take care of everyone and everything but don't leave time for themselves," said Ruta Kulys, LCSW, psychotherapist at Memorial Counseling Associates and Stress Reduction Program leader. "Women need to give themselves permission to take time out for themselves. When women recharge their own batteries, it benefits not only them, but also those around them." 🐾

## 4 steps to achieving a HealthyBalance:

Over time, stress weakens our immune systems and makes us susceptible to a variety of ailments. Follow these quick tips to achieve your healthy balance:

- 1. Prioritize**  
Identify the things you value most. Say no to some things so you can say yes to others.
- 2. Get Support**  
Don't be afraid to ask others for help.
- 3. Set Manageable Goals**  
Learn to set more realistic goals and deadlines – and then stick to them.
- 4. Maintain Your Health**  
Stay active, get enough sleep, drink plenty of water and eat foods that make you feel better.

For more information about Memorial Counseling Associates or the Stress Reduction Program, visit [MemorialCounselingAssociates.org](http://MemorialCounselingAssociates.org) or call 217.788.4065.

To see exclusive video footage and hear more of Virgil's story, visit [LiveWellMagazine.org](http://LiveWellMagazine.org)



Scattered throughout Virgil Davis' Springfield home and cabin in Pike County is handmade evidence that the 73-year-old has come a long way since suffering a severe stroke in 2003. Whistles made out of sticks or deer antlers, toilet paper dispensers that resemble a fishing pole reel, Fighting Illini key chains, wine bottle holders — the only limit to what Davis can create is his imagination.

When Davis, who retired in 2002 as part owner of the former Ellinger-Kunz & Davis Funeral Home in Springfield and was one of five founders of the Museum of Funeral Customs, awoke from his stroke in June 2003, he was paralyzed on his left side from head to toe. He was devastated but determined to not remain disabled. As a patient on Memorial Medical Center's Inpatient Rehab, he began weeks of intensive daily therapy to restore his abilities.

About two weeks into the process, he saw his first sign of hope. As he was visiting with his son, Kyle, he realized he could wiggle his left thumb.

"I told Kyle, 'I'm going to be OK. I can move that thumb when I want it to move — I can control it. I'm going to be OK,'" he said.

And relatively soon, he was. To keep his fingers and mind agile, Davis, whose grandchildren refer to him as "Peekoo," began experimenting with woodworking about a year after his stroke. His first creation was what he calls a "Peekoo Pole" — a small wooden carving that one tries to balance on a fingertip. From there, he experimented and gave away the items he created. Eventually, he branched out to use other mediums, such as deer antlers and peach pits.

Davis said he credits his recovery to the employees on Memorial's Inpatient Rehab, where he spent about five weeks before going home and undergoing additional rehabilitation at Memorial's Outpatient Rehab at Koke Mill Medical Center. An avid hunter, he still visits the rehab unit yearly to drop off venison.

Memorial's Inpatient Rehab is accredited by the Commission on Accreditation of Rehabilitation Facilities as a Stroke Specialty Program and involves a multidisciplinary approach to care, said Sonali Bhole, one of the physical therapists who

# Creating A New Life

By Kelsea Gurski  
Photography by Chad Jeffers



"I told Kyle, 'I'm going to be OK. I can move that thumb when I want it to move – I can control it. I'm going to be OK,'" Virgil Davis said.

cared for Davis in 2003 and who since has taken on the role of clinical coordinator for Memorial's stroke rehab and acute neurology programs.

In 2009, Memorial treated more than 390 acute stroke patients with 150 stroke patients being admitted to Inpatient Rehab. To qualify for inpatient rehab, one must be medically stable, able to tolerate at least three hours of therapy daily, and have the potential to achieve functional goals in at least two disciplines, such as physical therapy, occupational therapy or speech therapy. Recreational therapists and neuropsychologists also assist in patients' care during their stay to ensure they can resume what Bhole calls their "life roles," meaning they are able to pursue the activities they enjoyed doing before their stroke.

A stroke patient's average length of stay is typically 12 days, although more significant strokes — such as the one Davis suffered — require longer stays. Once patients leave the unit, they may require home healthcare visits or outpatient rehabilitation for a period of time.

Davis is completely out of rehab and said he only deals with "slight" balance issues from time to time. He credits his newfound passion for woodworking for continuing his healing journey, which he acknowledged he'll always be working at.

"I'm certainly not talented, but I'm stubborn. I've had more failures than successes, but I enjoy it," he said. "I want to continue to improve, and the only way to do it is just doing something." 🐿

## RECOGNIZING Stroke

### Know the Signs:

Stroke occurs when blood flow to the brain is interrupted. It is the third leading cause of death in the United States and can cause serious long-term disabilities if not caught quickly. It is crucial to recognize the symptoms of a stroke early and seek treatment immediately. Symptoms can include:

- Sudden **NUMBNESS** or weakness in the face, arm or leg, particularly on one side of the body
- Sudden **CONFUSION** or trouble with speech
- Sudden trouble **SEEING**
- Sudden trouble with **BALANCE** or dizziness
- Sudden severe **HEADACHE** with no known cause

If you believe you are having a stroke, do not delay in calling 911. Because some patients can benefit from a clot-busting drug within three hours of the first sign of symptoms, it's also important to tell medical responders when the stroke patient's symptoms began.

## PREVENTING Stroke

Risk factors that can increase a person's chances for having a stroke include high blood pressure, heart disease, smoking, diabetes, obesity and high cholesterol. The best way to prevent your chance of stroke is to seek a healthy lifestyle that helps to reduce these risks or keeps them under control. If you are 55 or older especially, make an appointment with your physician's office for an exam to help estimate your stroke risk. Memorial's network of primary care physicians, Memorial Physician Services, can help if you are in need of a physician. Visit [MemorialMD.org](http://MemorialMD.org) for a listing of MPS locations.

*Memorial's Stroke Support Group meets the second Saturday of every month. Meetings are held at the Memorial Home Services building, 720 N. Bond St., and are open to stroke survivors, caregivers, family members and friends. For more information, contact Lisa Cline, recreational therapist, at 217.788.3461 or Sonali Bhole, physical therapist and program coordinator for the stroke team, at 217.788.3465.*



## 20s 30s 40s

### FITNESS ACROSS THE DECADES

By Lori Harlan

**It's never too early – or too late – to develop a workout routine. But as we age, our needs change. Gabriel Stinson, a sports enhancement specialist at Memorial SportsCare, identifies ways to exercise safely and effectively across the decades.**

## 20s

Listen up, 20-somethings. Stinson says this is peak time for you to increase muscle mass, strength and overall performance. He recommends intense cardiovascular work and strength training five to six times a week with most workouts being very intense running and weight lifting with at least one day a week of rest and recovery. Two days of recovery are usually recommended, but at this age, one is OK, he said.

When beginning an exercise routine, Stinson advises clients to start slowly and establish realistic goals.

“Recognize that when you first start running, you aren't automatically

going to run five days a week,” he said. “People need to set monthly goals, not weekly. If you progress too quickly, you'll risk injury and burnout.”

For weight lifting, work toward gradually increasing strength. Women in their 20s, specifically, should do weight-bearing exercise to build up bone density and skeletal strength before menopause later in life.

## 30s

Adults in their 30s may not be as active as they were in their 20s. Life changes – getting married, having children and building a career – make it harder to keep up with a workout regimen. Stinson says it's especially important to maintain a routine in your 30s to stay healthy for the years to come.

“You don't want to get into your 40s and be overwhelmed at what you have to do. Focus on maintaining your fitness in your 30s,” he said.

There's no right or wrong exercise for this age group. Instead, Stinson recommends a good balance of cardiovascular exercise and strength training.

“As we age, our metabolism slows down. We need to build and maintain lean muscle to enhance metabolism and fight the aging process,” he said. “Cardio fights heart disease and burns calories.”

## 40s

The best advice for the 40-something crowd? Remember that you're not 20 anymore.

“A lot of people feel like they can maintain what they did at 20 and 30, but they need to adjust their workout schedules and allow for more recovery time. It's a natural part of the aging process,” Stinson said.

He stresses to beginners – especially in this age group – to start slowly. There's no reason to rush into an elaborate workout routine and get



# 50+

overwhelmed. To make it stick, Stinson says you have to commit to a lifestyle change.

"I constantly stress to clients that they need to work up to a fitness routine. It's a slow transition over time to work up from three days a week up to five. There's lots of science and research that shows you can make and maintain great improvements toward a healthy lifestyle by exercising three days a week."

## 50+

By age 50 and beyond, Stinson tells clients, "Don't lose what you have." He encourages people to exercise so they can maintain the mobility and strength needed for everyday living.

The exercise you do in the early adult years builds a foundation you can maintain as you age, but it's hard to get back what's lost as you get older.

"We lose strength surprisingly quickly as we age. A surgery or injury can

be a major setback. Once you're deconditioned, it's really hard to get back," Stinson said.

Exercising three to four days a week is a good goal for this age group. Strength training should be the focus, and that doesn't necessarily mean weights. Most people in their 50s are able to strength train with their own body weight – push-ups, squats, lunges and such – enough to maintain and even improve their level of fitness.

"It's a big misconception that strength training equals free weights or machines," Stinson said. "Most of my work with clients is done with their own body weight, especially at the beginning. You can get a great workout from your own body weight. You don't need fancy machines or free weights." 🐾

## WEIGHT LOSS TIPS for Any Age

- **BE REALISTIC** about weight loss. Losing a pound or two a week is a healthy goal. It may take several months of eating right and exercising to see results, but it's easier to maintain slow loss.
- **DON'T FOCUS ON THE NUMBER** on the scale. Lean muscle weighs more than fat. You could actually gain weight from workouts and be healthier. It's more important to focus on toning and strengthening than on your weight.
- **DON'T BELIEVE EVERYTHING YOU READ** in magazines or on the Internet. Work with a professional to develop a workout routine that's tailored to your goals as well as safe and appropriate for your current level of fitness.



### Healthy Lifestyles Program

*The Healthy Lifestyles program consists of exercise, nutrition and other instruction for clients who want to make a lifestyle change and need guidance and support. SportsCare's team of experts conducts a personalized assessment to help each client develop realistic goals to improve their health. For more information, call SportsCare at 217.862.0444.*

# WHEN EVERY MINUTE COUNTS

As a registered nurse with years of experience in cardiac care, Bill Ferrell knew what he was in for when he awoke to crushing chest pain in the early morning of November 2009.

By Stephanie Lahnum  
Photography by Chad Jeffers

"I immediately took an aspirin, and my wife called 911," said Ferrell, a 49-year-old Springfield resident with a family history of heart problems.

By the time the ambulance arrived, Ferrell couldn't stand or talk. Emergency medical technicians sent his electrocardiogram (EKG) directly to a physician, and he was diagnosed with acute myocardial infarction, commonly known as a heart attack, before he even reached the hospital doors.

"I was always aware of what was going on," he said. "I've been a nurse long enough to know every second counts."

Within 42 minutes of arriving at Memorial Medical Center's ED, Ferrell was transported to the Cardiac Cath Lab and received a stent in his blocked artery, which brought immediate relief by restoring blood flow to his heart.

The quick care Ferrell received was a result of Memorial's Star 80 program, a team effort among caregivers and physicians in the ED and Cardiac Cath Lab to open the heart blockage in patients suffering heart attacks within 80 minutes or less. During a heart attack, every minute spared is heart muscle saved, so time is a crucial factor in ensuring a patient can resume normal activity after he or she heals.

Memorial's target "door-to-balloon" time has been 80 minutes or less since March 2008. Previously, the team's goal had been 90 minutes or less, which is the national

standard set by the American College of Cardiology.

"We were meeting 90 minutes so often, we went to 80 to shave additional minutes for patients," said Jennifer Boyer, RN, BSN, MBA, NE-BC, director of emergency medical services. "The teams from the ED and the Cath Lab, along with the physicians involved, have such ownership in the process that they just go into action. And there's great trust among all groups."

Memorial is a top performer in the state for its door-to-balloon times and continues to seek ways to improve the Star 80 process, said Karen Baur, RN, BSN, MPH, NE-BC, director of cardiovascular services.

"We have successfully committed resources to continually make improvements in the process for a long time," she said. "You know you are making a difference when you are saving heart muscle. It means a great deal to the entire team."

Ferrell now spends three days a week in Memorial's Cardiac Rehabilitation department and regularly uses a treadmill at home. He made changes to his diet and resumed his full-time job as a registered nurse at Springfield Clinic. Ferrell said he now makes every effort to live in the moment and enjoy time spent with his wife, Lynne, and their two sons.

"This past Christmas I looked at my family and realized this could have been their first Christmas without me," he said. "I'm here because of the treatment I received, and I'm so grateful." 🙏



*Bill Ferrell helps prepare supper at home with his wife, Lynne, while one of their sons, Eric, sets the table.*

## Rural Hospitals: Ready to Respond

While patients in rural settings don't have quick access to a catheterization lab, the emergency departments in Lincoln and Taylorville are equipped to meet the crucial 90-minute door-to-balloon time.

The treatment protocol is used for patients experiencing a certain type of heart attack. They are diagnosed and stabilized within

30 minutes and then transported to the cath lab of a larger hospital to receive life-saving angioplasties. Doctors from both hospitals work as a team to prevent damage to heart muscles.

With the protocol in place, patients get an angioplasty within 90 minutes – the time recommended by the American College of Cardiology and American Heart Association.

**NEED A SPEAKER?**  
Need a speaker to talk to your group about Star 80 or heart health? Call the Memorial Speakers Bureau at 217.757.4849. For more information on the bureau, see page 15.



by Michael Leathers  
Photography by Chad Jeffers

Jennika Ervin attends speech therapy with Jennifer Pollock at Kids at Koke Mill.

Parents are eager for their infants to speak their first words, especially when those words are “mama” and “dada.” Here’s some advice from local experts on how to help children take those first steps to mastering language.

Because learning language begins at birth, parents should watch their newborns for cues, said Jennifer Pollock, a speech therapist with Memorial Medical Center’s Kids at Koke Mill. Are they startled by unexpected noises? Do they make eye contact? Are they interested in faces? Babies soon learn to communicate their needs by altering the way they cry — the hunger cry is different than the ‘I’m lonely’ cry, Pollock said.

As children grow, parents should help them build a strong foundation of communication. “We tell parents to be walking tour guides for their kids,” said Teena John, MD, a pediatrician with Koke Mill Medical Associates. “Identify and describe as much as you can.”

Pollock agreed, urging parents to spend time talking to their youngsters no matter where they are. Even when you’re in

the car, turn down the radio and talk to your kids — and resist the urge to pop in a DVD. And model speech that’s appropriate, she said. “If you do baby talk, you’ll hear baby talk back.”

Ashish John, MD, also a Koke Mill Medical Associates pediatrician, said reading books to your children is an excellent step in enhancing their language development. “Reading to your child will help them develop a good pattern of identifying words and pictures,” he said. “Books with large pictures and bright colors catch children’s attention and keep them focused.”

Finally, Pollock encourages parents to give children lots of praise for their attempts at communication. They won’t always do it perfectly, but that’s OK. What’s important is that they’re making progress, she said.

If you’re concerned about your child’s speech development, discuss it with your pediatrician. But don’t become too alarmed if your child isn’t hitting a specific developmental milestone at a certain age. Children learn at different rates, and there’s a wide range of normal development. ↵

**Kids at Koke Mill**  
Memorial Pediatric Therapy Services



Memorial’s Kids at Koke Mill provides several pediatric therapy services, including physical, occupational and speech therapy as well as treatment for feeding and swallowing disorders.

**For more information, call  
(217) 862-0400.**

## MD PROFILE



Drs. Ashish and Teena John are pediatricians with Koke Mill Medical Associates, a Memorial Physician Services clinic. For appointments with Teena John, call (217) 862-0736; for Ashish John, (217) 862-0740. Both pediatricians and Kids at Koke Mill are in Memorial’s Koke Mill Medical Center at Koke Mill and Old Jacksonville roads in Springfield. Visit [MemorialMD.com](http://MemorialMD.com) for more information.

# Super Foods

Improve Your Health with Functional Foods

by Christina Rollins, MS, RD, LDN



Looking to improve your diet without sacrificing the foods you love? Look no further. By adding certain foods, also called functional foods, to your daily intake, you can improve your health and even reduce the risk of certain chronic diseases. Here are a few examples of functional foods:

## Almonds

Adding almonds to your diet is a great way to protect your heart and your waistline. Almonds are loaded with protein, fiber and monounsaturated fat ("good fat") that keep you full without leading to weight gain. Try including an ounce of almonds (one serving) each day to improve your health.



## Salmon

Salmon is a tasty fish loaded with Omega-3 fatty acids. Omega-3s are "essential" fatty acids that may prevent chronic diseases such as heart disease, cancer and arthritis as well as improve brain function. Other sources include tuna, halibut or foods fortified with Omega 3s. The American Heart Association recommends eating foods containing Omega 3 fatty acids at least twice per week for better health.

## Yogurt

The National Dairy Council recommends at least three servings of dairy products per day to ensure strong bones and teeth. By choosing yogurt for at least one of those servings, you will get a healthy dose of probiotics. Also known as "good bacteria," probiotics work to balance digestion, maintain bowel regularity, strengthen the immune system and improve vitamin and mineral absorption in the body.

Remember, there is no one magic food. The best way to improve your overall health is to eat a balanced diet complete with fruits, vegetables, whole grains, lean meats and low-fat dairy products. For more information or to create a personalized meal plan, visit [MyPyramid.gov](http://MyPyramid.gov).

*Christina Rollins is a clinical dietitian at Memorial Medical Center. For more information on dietary health, call 217.788.3333 to set up an appointment with one of Memorial's registered dietitians. 📍*



# Screen Your HEALTH

by Kelsea Gurski



Penny Shehadeh remembers Nov. 7, 2008, almost as well as Rich Maretti. During a health screening at Rich's employer, Grain Systems Inc. in Assumption, the programmer learned he had a frighteningly high blood sugar level. With no family physician and few routine medical checkups, Rich had no idea he was diabetic.

"It was the most rewarding health screening we've ever done," said Shehadeh, in-service manager for Taylorville Memorial Hospital. "And when we came back the next year, Rich ... had lost weight, adopted a healthy lifestyle and it was all because of that health screening."

Since 2008, Taylorville Memorial has offered free blood pressure and blood sugar screenings at GSI's annual health fair. About 400 employees attend each year. Taylorville Memorial, an affiliate hospital of Memorial Health System, provides the free screenings as part of the health system's community benefit programming, which offers health education services to the communities it serves, as well as millions of dollars in unpaid charity care. In addition to GSI's annual health fair, Taylorville Memorial partners with other groups in the Taylorville community, including the town's farmers market each summer. Several groups from the hospital attend the market one Saturday in July to perform bone density, blood sugar, blood pressure and balance screenings.

"It was the most rewarding health screening we've ever done ... And when we came back the next year, Rich ... had lost weight, adopted a healthy lifestyle and it was all because of that health screening."

Kim Casey, occupational health nurse at GSI, previously worked at a hospital before taking on her current position in 2007 and said she always saw "huge benefits" to employees who participated in health fairs similar to the

one Taylorville Memorial participates in with GSI. She immediately began planning one for GSI and said Taylorville Memorial's booth is always a big hit with employees.

"You just assume people take care of themselves, go to the doctor regularly, but these people here don't even have doctors," Casey said. "Bringing the health fair was one way to gather them all in one room and start teaching them about their health. ... They're all

very in tune now to their health; they at least try to pay attention."

Casey said they were able to quickly help Rich find a nearby doctor once he was told he needed to be seen for his high blood sugar, and he's since taken a new approach to his health.

"It's just amazing the transformation in him," she said. "He totally ignored his health up to that point. Now, his health is the most important thing in his life." 🇺🇸

**To request a health screening at your next event, call the following numbers:**

- Springfield area: 217.757.7849
- Taylorville area: 217.824.1675
- Lincoln area: 217.732.2161, ext. 75443

## Memorial Medical Center Named Primary Stroke Center

Memorial Medical Center earned certification in February as a Primary Stroke Center from The Joint Commission. The certification recognizes Memorial for “exceptional efforts to foster better outcomes for stroke care,” according to The Joint Commission.

An independent, not-for-profit organization, The Joint Commission is the nation’s oldest and largest standards-setting and accrediting body in health care.

Memorial offers a collaborative, interdisciplinary approach to stroke care. Our integrated program includes dedicated stroke response teams in our Emergency Department that provide fast diagnosis and treatment, an acute-care nursing staff specially trained to care for patients with neurologic conditions, and rehabilitation professionals who help stroke survivors achieve maximum function and independence.

## Memorial Designated as Blue Distinction Center

Memorial Medical Center was named in January one of only eight hospitals in Illinois to receive dual recognition as a Blue Distinction Center for hip and knee replacement as well as spine surgery from the Blue Cross and Blue Shield Association.

Blue Distinction Center is a designation given by Blue Cross and Blue Shield to hospitals and other healthcare facilities demonstrating expertise in the delivery of

quality healthcare. Memorial performed nearly 1,300 hip and knee replacements and more than 1,500 spine surgeries in its most recent fiscal year.

Patients receiving hip or knee replacements at Memorial go through the hospital’s JointWorks program. For more details, visit [JointWorksMemorial.com](http://JointWorksMemorial.com).

Memorial’s comprehensive inpatient spine surgery services include discectomy, fusion and decompression procedures.

## Heart Walk

Memorial is a sponsor of the American Heart Association’s Start! Heart Walk on May 1 at the Illinois State Fairgrounds. Registration begins at 9 a.m., and the walk at 10 a.m. Free health screenings and education will be available. For more details, visit [AmericanHeart.org](http://AmericanHeart.org) and fill out the “Get Local Info” box.

## New Speakers Bureau Launched

Memorial Health System recently launched a Speakers Bureau, comprised of healthcare professionals and hospital leaders, as part of its commitment to provide educational outreach programs to the community and increased awareness of locally available medical services.

The bureau offers speakers with expertise in a wide range of clinical topics and current issues in healthcare such as bariatric surgery, heart-healthy living, preventing common injuries and illnesses, proper nutrition, healthcare career opportunities and cancer

awareness and prevention. Speakers are available to address civic organizations, businesses, education facilities and other groups.

To schedule a speaker or for more information, call 217.757.7849.

## Memorial Medical Center Adds New Operating Rooms



Memorial Medical Center has expanded its surgery department with the addition of two new state-of-the-art operating rooms in January.

The 18,806-square-foot renovation gives the hospital a total of 18 operating rooms in its main surgery department.

The renovation also included two new isolation rooms, new bays for the post-anesthesia care unit, a new patient holding area with 11 bays, an outpatient discharge section with six seating areas and a new nurses’ station.

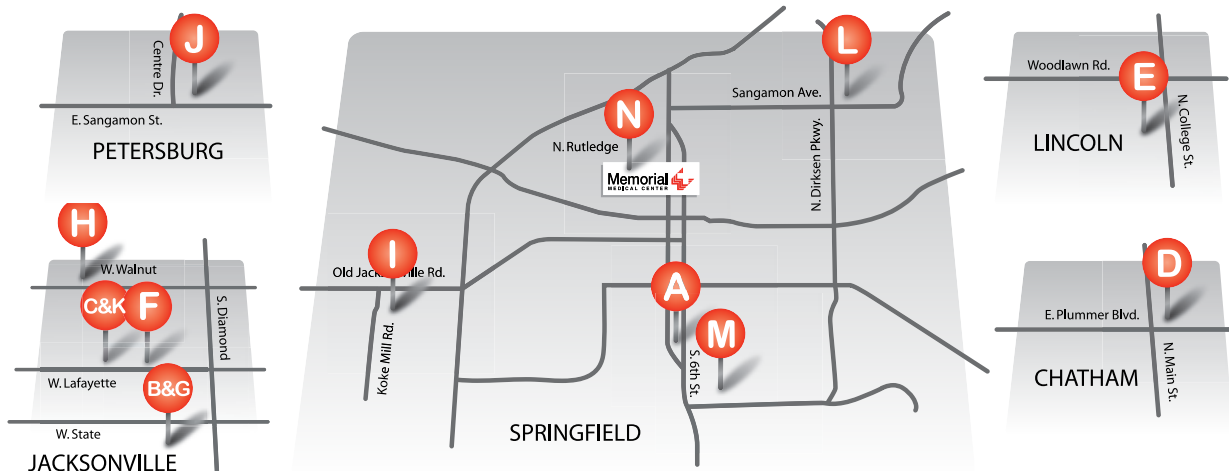
Each of the two new operating rooms is equipped with five video screens and a video integration system, which features a touch screen that can detect a finger from within an inch of the actual screen.

The surgery department renovation follows last November’s opening of the hospital’s new 13,700 square foot surgical unit, which includes 22 private patient rooms equipped with bathrooms with showers.

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