

Live Well

MAGAZINE

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

THE LAST FEW POUNDS

MAKE ALL THE DIFFERENCE

After shedding over 100 lbs., Mary Hodgson of Oakford took one more step for a healthier, more confident life

how to
unwind
anywhere

Using
health websites
WHAT YOU NEED TO KNOW

Spring
SAFELY INTO
Summer

WALKING
TALL
Knee replacement surgery puts dentist back on his feet



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LETTER OF INTRODUCTION

Dear Friends,

After a challenging winter of cold, snow and even a blizzard, it's exciting to welcome you to our spring issue of *Live Well* magazine.

Spring brings a sense of renewal, and this issue of *Live Well* provides plenty of tips and inspiration for improving your emotional and physical well-being. Find ways to de-stress quickly, no matter where you find yourself under pressure, by utilizing the tips found on page 4. If you're seeking to ramp up your fitness level this season, look to page 11 for ways to safely step back into an exercise

routine or prepare for your spring and summer sports and wellness activities. Other warm-season tips for individuals and families of all kinds can be found on pages 12-13 on our "Spring into Summer" safety spread.

Regardless of the season, Memorial strives to provide great care to every patient, every time. This issue tells the inspirational story of Kurt Heller, a St. Louis Cardinals fan who found it nearly impossible to walk a few blocks to cheer on his team at Busch Stadium prior to a life-changing bilateral knee replacement last year. We also share the story of Mary Hodgson of Oakford, who's lost more than 150 pounds since undergoing a laparoscopic gastric bypass procedure at Memorial Medical Center in 2008.

We are grateful for the confidence our patients place in us by choosing Memorial for their care. The information we provide in the pages of *Live Well* is just one way of fulfilling our mission to improve the health of the people and communities we serve. We appreciate your interest and extend our best wishes for a healthy and safe spring.

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 or call 217.788.0215.

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how to unwind anywhere

You guide the car into the garage. The pressure from work still presses down on you. But there's no time to relax yet.

The kids need to be fed. And there's a pile of dirty laundry that's swallowed your hamper. By the time you finally go to bed, your only thought is that it all starts over again in the morning.

When will it ever let up?

When life's demands don't match up with your resources, you feel stress. Some stress can be beneficial. It's when stress doesn't let up that we can suffer from emotional and physical woes, according to Ruta Kuly, LCSW, a psychotherapist with Memorial Counseling Associates who's also a certified yoga instructor.

The body's natural fight-or-flight response helps us handle stress for short periods of time. Our heart rate spikes, our blood pressure jumps and the body releases hormones, including adrenaline and cortisol, to help us face whatever is causing the stress.



Ruta Kuly leads the Stress Reduction Program at Memorial Counseling Associates. It's an eight-week program that provides Mindfulness Based Cognitive Therapy. For more information about the next session, visit MemorialCounselingAssociates.org. The first step to attend the program is an individual meeting with Kuly. To schedule an appointment or for more information, call 788.4065.

But more modern-day emotional or financial pressures can cause prolonged stress. When we don't alleviate chronic stress, our bodies don't come down from that heightened state, which can create health issues, Kuly said. Chronic stress compromises our immune system so we're more prone to get sick. And if you have an existing medical condition, such as diabetes or migraines, stress can worsen it.

Getting good cardiovascular exercise and taking deep breaths help with stress. Other tips to consider:

Take five. You don't want a stressful day at work to carry over into your family life at the end of the day. When we're stressed, we often do things we regret later, like yelling at the children. Take five minutes to calm down and think about how you want to react before you walk through the door.

One thing at a time. We're all big on multitasking. When you're stressed, however, it's important to focus on what you're doing. If it's making dinner, hone in on that. Playing with the kids? Give them your sole attention.

Unplug. We're constantly bombarded with stimulation. Plan ahead and schedule some quiet time. Identify what you really enjoy and make it easy to do it. If you like to read but can't find the time, carry a book to read when you're waiting for an appointment.

Look for the good. When we're stressed, we miss the little pleasant things that make the day enjoyable. Intentionally look for those things. It will help you keep the day in perspective.

BOTTLED WATER BANDWAGON Loses Momentum

Not so long ago, bottled water was thought to be a safe alternative to tap water. The bottled water bandwagon quickly gained momentum, and water bottles were suddenly everywhere—dispensed in soda machines, sold in restaurants and carried around by just about everybody.

While the plastic bottles made water more portable, they may have made it less potable. Research shows the chemicals from the plastic bottles may leak into the water and disrupt the body's hormones, said Jennifer DiPasquale, RD, CDE, lead dietitian at Abraham Lincoln Memorial Hospital.

Bottled water can become contaminated with Bisphenol-A (BPA). BPA is used to make hard, clear, nearly unbreakable plastic—perfect for water bottles, baby bottles, food storage and a variety of other uses. The downside of the indestructible material is that it may leach dangerous chemicals into the food and beverages it packages. In October 2010, Canada declared BPA toxic to both humans and the environment.

"In humans, BPA is an Estrogen Disruptive Chemical. EDCs affect our hormonal balance and can change important processes in our bodies," DiPasquale said.

Generally speaking, our local water supply is safe for consumption. The Environmental Protection Agency (EPA) routinely inspects the water for bacteria and toxic chemicals, and the results are available online.

DiPasquale recommends drinking tap water (or filtered tap water) in a reusable, BPA-free bottle. It's better for you and the environment since plastic water bottles produce up to 1.5 million tons of waste each year. Though they could be recycled, more than 80 percent are simply thrown away.

WHAT YOU SHOULD DO:

- Purchase BPA-free plastic. Avoid plastics No. 3 & 4 (look for the code on the bottom of the product).
- Don't heat plastic. Reheat food in a glass dish, and don't leave plastic food items in a hot car. Heat makes the plastic less stable and more likely to leach chemicals into the foods.
- Use glass, porcelain or stainless steel containers instead of plastic. Reusable containers don't contribute to landfill waste.



WATER INTAKE:

Eight cups. Most of us know that's how much water we should drink each day. But that's just an average that's easy to remember. To calculate your specific needs, divide your weight in pounds by 17. That's the number of cups of water right for your body.

Hydration is important because 60 percent or more of our bodies are made of water. Every system in the body depends on water to function. It is necessary for metabolizing food, passing waste and regulating blood pressure, DiPasquale said. Dehydration occurs when we don't consume enough water. Symptoms include dry skin and mouth, decreased sweating and urination, headache and light headedness.

By Michael Leathers
Photography by Chad Jeffers

The Last Few Pounds Make All The Difference



Mary Hodgson lost nearly half her body weight with the help of bariatric surgery, but the formerly 321-pound woman still had a few more pounds to shed.

Six months after her laparoscopic gastric bypass procedure at Memorial Medical Center in November 2008, Mary had lost nearly 100 pounds and was continuing to lose more.

"After I started losing all this weight, I had to wear a girdle every day because this apron of skin would hang down if I had not worn some kind of garment to pull it up so I could wear my clothes," Mary said.

The answer was a panniculectomy, a body-contouring procedure that removes excess fat and skin following bariatric surgery. Max Hammer, MD, an established bariatric surgeon affiliated with Springfield Clinic, performed Mary's bariatric surgery. In March 2010, Richard Brown, MD, a Springfield Clinic plastic surgeon, performed the panniculectomy.

The body-contouring procedure was not cosmetic surgery, but a medically necessary procedure because Mary's excess skin was breaking down. Dr. Brown removed nearly 10 pounds of skin in the procedure.

"I can wear real blue jeans that fit right. I haven't been able to do that in my adult life," Mary said. "I feel so much better about my body."

Body contouring after dramatic weight loss is typically considered elective surgery and is not covered by most insurance plans. Memorial Bariatric Services has partnered with Springfield Clinic to offer more affordable body-contouring options and financial counseling to their bariatric surgery patients.

For Mary, the entire bariatric process "has made me more confident in myself. I don't know whether that's because people see you differently after you lose weight or you begin to see yourself differently. I think it's probably a bit of both."

Mary, a 52-year-old resident of Oakford, about 30-plus miles northwest of Springfield, put on weight rapidly

Her health also has improved. Her diabetes, hypertension and acid reflux are all gone.

in her young adult years working in office jobs. The weight gain took a physical and emotional toll. "You start isolating yourself," she said.

She would be out of breath walking from her car to the front door at the state agency where she worked as a customer service representative for a health-

benefits hotline. At her home, she could only mow a couple rows of her lawn before she would need to rest. Vacuuming the house was overwhelming.

Now, she's able to do things she never could do before—use a treadmill, ride a bicycle and swim.

Her health also has improved. Her diabetes, hypertension and acid reflux are all gone.

"Within two days after surgery, I was no longer on any medicine for blood sugar or hypertension," she said. "That's unreal to me."

Looking back, when she first enrolled in Memorial Bariatric Services about nine months before her surgery, she said "it was amazing" to see the team of people—a registered dietitian, psychologists, physical therapists—who prepared her emotionally and physically.

While there were challenges along the way, Mary says she would do it again.

"It's changed my life. I'm healthy again."

"I can wear real blue jeans that fit right. I haven't been able to do that in my adult life. I feel so much better about my body."

Mary with U.S. Sen. Dick Durbin in 2008, before her bariatric surgery



Partnership Extends Bariatric Services to Bloomington Area

Memorial Bariatric Services, a comprehensive program introduced by Memorial Medical Center and Springfield Clinic in 2002, is now available to residents of Bloomington-Normal and the greater McLean County region through a partnership with Advocate BroMenn Medical Center in Normal.

BroMenn staff will provide pre- and post-operative nutrition, physical therapy, social work, laboratory and imaging services for patients at BroMenn's facility in Normal.

Max Hammer, MD, FACS, and Orlando Icaza, MD, FACS, both established bariatric surgeons affiliated with Springfield Clinic who specialize in minimally invasive approaches, will perform the surgical procedures at Memorial.

For more information about Memorial Bariatric Services at Advocate BroMenn Medical Center, visit MemorialBariatricServices.com or call toll-free, 866.205.7915.

Walking Tall

Knee Replacement Surgery Puts Dentist Back on His Feet

A little more than a year ago, Kurt Heller was in near-constant pain. After 10 years of worsening knee problems, he had reached his limit. He no longer could enjoy one of his favorite pastimes, golf. Walking less than a mile from a hotel to see his favorite baseball team, the St. Louis Cardinals, play in downtown St. Louis was impossible without several stops along the way, or sometimes a cab ride. And standing while at work as a dentist in Jacksonville was literally a pain.

"I was in pain whenever I'd put any pressure on a knee," he said.



Last spring was the first time Kurt and his wife, Kara, were able to walk to and from Busch Stadium with no problem. And this spring, he's ready to hit the golf course.



Kurt, who has operated a dental practice in Jacksonville since 1984, sought a consultation in February 2010 with Dan Adair, MD, an orthopedic surgeon with Springfield Clinic. At age 51, he was on the young side for a knee replacement, and Kurt needed both replaced. Instead of putting off the surgery until later in life, he decided to go for it that March. Improving his current quality of life was most important to him, he said.

"I'd rather have a good quality of life between 50 and 70, than 70 and 90," Kurt said, noting that knee replacements often last 20 to 25 years. "If I had to do it again, I'd do them both again—in a heartbeat."

Before his bilateral knee surgery, Kurt enrolled in Memorial Health System's JointWorks program, which helps educate and prepare patients undergoing elective total hip and total knee replacement surgeries at Memorial. Patients receive information that teaches them to strengthen their muscles before their procedure to help speed their recovery. Patients also attend an education class a couple weeks before surgery, during which the importance of exercise before and after surgery is emphasized. JointWorks staff members also visit the patients during their hospital stay and call within one or two days of their discharge to ensure a smooth transition home.

"Kurt was very dedicated to his exercise routine," said Jennifer Perkins, RN, BSHA, ONC,

Orthopaedic Services program coordinator at Memorial Medical Center. "As a result, his hard work paid off."

When the day of his surgery came, Kurt was ready and looking forward to beginning his recovery process. The surgery, which involved removal of the damaged bone and cartilage and replacing it with metal and plastic components, went well.

A day after surgery, he was up and walking. Two weeks later, his energy was back and he felt like a new person, he said.

"After surgery, within a couple of weeks, I wasn't in much pain at all," he said. "It was like night-and-day difference."

Kurt pursued therapy as an outpatient in Jacksonville three days a week following his knee replacement and began an exercise regimen. His quality of life drastically improved. Last spring was the first time Kurt and his wife, Kara, were able to walk to and from Busch Stadium with no problem. And this spring, he's ready to hit the golf course.

"I'm looking forward to playing a lot of golf this year," he said. "I have a lot better quality of life than a year ago because of my knee replacement."



Scan with your smartphone's QR Reader, or visit LiveWellMagazine.org for a video link to see more on this story.



After double knee replacement surgery, Kurt now enjoys an active lifestyle again with his family, traveling, attending favorite sports events and, on a recent trip to Las Vegas, walking five miles a day.

Memorial JOINTWORKS

The overall goal of the JointWorks program is consistent with Memorial's mission to improve the health of the people and communities it serves. Every year, JointWorks assists more than 1,400 patients seeking to reduce their pain and return to the activities they love. Doing so requires a collaborative effort of surgeons, anesthesiologists, nurses, therapists and techs, all working together to provide great patient experiences and great results. Memorial was named a Blue Distinction Center in 2010 by Blue Cross and Blue Shield for knee and hip replacement surgery.

For more information on JointWorks, call 788.3655.

M.D. PROFILE



Dan Adair, MD

Orthopedic Surgeon,
Springfield Clinic 1st
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Memorial SportsCare
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THE WEB IS **NOT** THE NEW DOCTOR

For two months, 27-year-old Crystal Lindell fought off stomach pain while monitoring her symptoms using online health websites. Convinced she was suffering from heartburn, Crystal, of Naperville, ignored the increasing abdominal pain until she ended up in the emergency room and needed emergency gallbladder surgery.

"I now go to the doctor earlier," she said. "That's the one lesson I learned and was glad to figure out."

TOP SITES FOR RELIABLE HEALTH INFORMATION:

1. AmericanHeart.org
2. Diabetes.org
3. FamilyDoctor.org
4. MayoClinic.com
5. CDC.gov

In an age where quick, convenient information is valued, Crystal's story has become common. According to new research by Health Dialog, a healthcare consulting firm, 81 percent of Americans search the internet for medical information, but only 25 percent verify source reliability.

"Patients doing online research is good because they're being proactive in their care," said Benjamin Montgomery, MD, a primary care physician with Jacksonville Family Medical Associates. "But you can't put too much faith in the internet; it is not the expert."

Dr. Montgomery encourages his patients to visit only reputable organization and government sites (ending in .org or .gov) instead of sites generally more commercial (ending in .com).

"If you type in 'chest pain' on a Google search, you could end up on someone's personal blog who just experienced heartburn when you could be experiencing something more serious," he said. "But if it's the American Heart Association website, it could lead you in the right direction."

When in doubt, look for the Health on the Net (HON) code that will be located at the bottom of any health information web page.



Look for the HON code icon

M.D. PROFILE



Benjamin Montgomery, MD
Family medicine physician with Memorial Physician Services. Currently accepting new patients. 1606 W. Lafayette, Suite D Jacksonville, IL

Memorial PHYSICIAN SERVICES
BENJAMIN MONTGOMERY, MD



Scan with your smartphone's QR Reader, or visit MemorialMD.com for Dr. Montgomery's personal video message to patients.

Ready to Start Exercising This Spring?

By Gabriel Stinson, MS, PES
Sports Enhancement Specialist at Memorial's SportsCare

3 THREE WAYS TO AVOID INJURIES

In the winter, it's easy to abandon exercise routines. Bone-chilling breezes and drifting snow provide ample excuses to slack off.

When the first signs of spring arrive, many of us are ready to abandon the couch and plow full-steam ahead into workout routines. However, if you're not prepared, this could lead to injuries. Three easy tips can help you safely transition back to an active exercise routine.

1 Ease back into activity. For example, if you could bike 10 miles a day before winter, don't try to immediately resume your 10-mile rides when spring arrives. Take a common-sense approach and work up to it. Our bodies need time to adapt to the new activity level. With time, your body will remember what it's capable of and adapt very quickly.

2 Train for your activity. During spring and summer, many people join golf, volleyball and softball leagues. If you're one of them, make sure you train for that activity. For example, golfers need to work on core strength and stability; volleyball players need strong legs and a good jumping technique. Whatever your activity, you can avoid common injuries associated with that sport if you schedule time to train. Look at what repetitive motions are involved in your sport and strengthen the muscles used during those motions.

3 Rest. Days off from exercise are necessary for mental and physical recovery. Your mind and your muscles need to rest and recharge for activity. If you're one of those people who can't take a day off, at least take a break from your normal routine and try something else. If you're a runner, bike one day a week. Constantly play softball? Try basketball for a break. Taking days off or just changing the activity are great ways to avoid injury.

Spring SAFELY INTO Summer

It's the time of year almost everyone enjoys. Temperatures warm up, flowers bloom and you can once again spend time outdoors. But before you plan your next family adventure, brush up on warm weather safety tips from two of our physicians with Memorial Physician Services, Joshua Ellison, MD, and Gustavo Mosquera, MD, to ensure your family gets the most out of spring and summer fun.



WATCH OUT FOR OUTDOOR ELEMENTS

BUGS

As temperatures rise, bugs come out. Whether it's mosquitoes, ticks or chiggers, we've all been affected at one time or another. Your best protection is bug spray that's at least 10- to 30-percent DEET. The higher the percentage, the longer the repellent lasts. This can be mixed with sunscreen and is safe on children as young as 2 months old.

POISON IVY/POISON OAK

Rashes from poison ivy and oak are all caused by a substance in the sap of the plants. Poison plant rashes can't spread from person to person, but it's possible to pick up a rash from the sap that sticks to clothing, tools, balls and pets. "Do enough research to know what these plants look like so you can avoid them," Dr. Ellison said. "If you come into contact, immediately wash with soap and water, and see a doctor if the rash seems severe or if it's around the head or neck."

HEAT

The risk of heat illness goes up during exertion and with certain health conditions such as obesity, diabetes and heart disease. Heat exhaustion symptoms include thirst, fatigue and cramps in the legs or abdomen. Left untreated, heat exhaustion can progress to heat stroke, a medical emergency. Your best protection is to carry a water bottle, drink fluids regularly and wear loose-fitting clothes.

KEEP YOUR FAMILY PROTECTED

ON THE PLAYGROUND

Overly active children aren't the only things to watch out for on the playground. Faulty equipment, improper surfaces and careless behavior can also pose risks. The playground surface should be soft enough to cushion a fall (wood chips, sand, pea gravel, and rubber—either in shredded tire or rubber mat form—are acceptable), and the equipment needs to be a good distance away from fences. Check metal surfaces to make sure they are not too hot, look for sharp objects and stay away from ropes that could get wrapped around your child. Leave the cell phone or iPad at home to ensure there are no distractions.



ON THE WATER

Utilize the buddy system when swimming, and be sure small children wear life jackets at all times. Water sports and alcohol are never a safe combination. "It's also easy

to get dehydrated because you're losing water when you're in the sun and replacing it with alcohol," Dr. Mosquera said. "It quickly slows your reflexes, creating a dangerous situation on the water."



ON A PICNIC

Warmer months mean more family cookouts and picnics but also an increase in foodborne illness due to improper handling techniques. Make sure your food is safe by

keeping hot foods hot and cold foods cold. Wash all fruits and vegetables. Keep cooked food separate from raw food, cook food thoroughly and refrigerate food promptly, and be sure your hands are always clean.

M.D. PROFILE



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Scan with your smartphone's QR Reader, or visit MemorialMD.com for Dr. Ellison's personal video message to patients.

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Scan with your smartphone's QR Reader, or visit MemorialMD.com for Dr. Mosquera's personal video message to patients.

By Stephanie Lahnum



A HELPING HAND

It's never easy for patients who are unemployed or living on a limited income. But it's especially difficult when they hear the dreaded six-letter word—cancer.

Long-term, extensive care is required for cancer, which can quickly lead to a financial burden for patients and their families. Medications and treatments add up to thousands of dollars a year. When focus is directed on medical bills, other commitments can easily fall behind.

"We see patients without insurance who are financially stressed," said Linda Jones, administrator of Oncology, Pulmonary & Clinical Research at Memorial Medical Center. "Their circumstances require that they divert funding from other needs."

These patients are encouraged by Oncology staff to apply for the Cancer Patient Assistance Fund, an account designed to assist patients who have exhausted their insurance benefits or who are eligible for Medicaid or Memorial Medical Center's charity care program. Coordinated through Memorial's Regional Cancer Center and funded by the Memorial Medical Center Foundation, the fund has provided more than \$51,000 in assistance to cancer patients since 2008.

"We try to meet some of the out-of-pocket needs for those struggling to pay for medications, transportation, basic utilities and housing," Jones said.

One patient who required several days of outpatient treatment slept in his truck in the hospital parking lot to avoid traveling the long distance

to and from home. Once his situation became known, he was offered a gas card and hotel room. He accepted the gas card but refused the room so the resources could go to those more in need.

Another patient drove 70 miles a day from her rural-area home for radiation therapy. Employees could tell she didn't have proper clothes or money to buy food. She was quickly able to get the help she needed through the Cancer Patient Assistance Fund.

"Funds are depleted quickly, so priority is given to healthcare-related needs," said Elena Kezelis, Memorial Medical Center Foundation executive director. "Patients do not get money directly; instead, if patients are approved for assistance, payments are made directly to the patient's provider of the service or product."

The Cancer Patient Assistance Fund is made up of net earnings, proceeds from charitable events, donated tips from Memorial entrance attendants who provide valet parking, and pledges and gifts from an annual employee-giving campaign. Of the 140 patients who have applied for the fund, 109 have qualified for assistance.

"The financial support is needed and meaningful," Jones said. "But I believe it's more meaningful for the patients to know that someone is there supporting them in a difficult time in their life."

To donate or find out more information about the Cancer Patient Assistance Fund, contact the Memorial Medical Center Foundation at 217.788.4700.



NEWS AND EVENTS

MHS Annual Report Available

Memorial's 2010 Annual Report is now available. Visit ChooseMemorial.org to download your copy and read examples of some of the compelling patient success stories we encounter every day throughout our health system, information on new processes and technologies intended to further improve how we deliver patient care, and other great outcomes.

Memorial Receives Third Employer of Choice Award

Memorial Health System is one of only four healthcare organizations in the nation to earn the prestigious Employer of Choice award for at least three consecutive years. The national award recognizes an employer's dedication to its employees. Healthcare providers that achieve Employer of Choice designation tend to have higher patient satisfaction, greater productivity and lower turnover.

"Receiving this consistent level of recognition from Employer of Choice wouldn't be possible without an engaged team of employees who are committed to providing our patients with the greatest degree of patient safety, clinical effectiveness and quality of care at each of our six affiliates," said Ed Curtis, president and CEO of Memorial Health System.

Lincoln, Taylorville Hospitals Open New Buildings

Memorial Health System's hospitals in Taylorville and Lincoln completed new buildings that provide patients with the latest technology, greater privacy and expanded services in their communities. In Lincoln, the new 116,000-square-foot Abraham Lincoln Memorial Hospital opened in March along Business 55. The hospital features a larger emergency department, more comfortable patient rooms and expanded rehabilitation services.

Taylorville Memorial Hospital opened its new 32,000-square-foot outpatient services center in March. The center is the new location for the hospital's Emergency, Radiology and Outpatient Surgery departments. The single-story center is designed for outpatients and includes three new operating rooms equipped with cutting-edge technology as well as a state-of-the-art CT scanner and a high-field strength MRI scanner.

MHCCI Offers Free Online Assessments to Gauge Emotional Health

Central Illinois residents can take free online assessments to help evaluate their emotional well-being. Self-evaluations for depression, bipolar disorder, generalized anxiety disorder, post traumatic stress disorder and adolescent depression are available on the Mental Health Centers of Central Illinois website, MHCCI.org, or MemorialCounselingAssociates.org. The assessments are anonymous.

Calendar of Events

| Event | For More Info |
|---|--|
| SportsCare's 26th Annual Golf Outing When: June 9, 8:30 a.m.–2 p.m. Where: Piper Glen Golf Club Four-person scramble. Cost is \$45 for greens fee, cart and lunch. Advanced registration is required. | 217.862.0444 |
| Memorial's Regional Burn Center's 5K Run/Walk When: June 4 Where: Washington Park, Springfield (picnic pavilion) Registration: 7 a.m. Start time: 8 a.m. Registration fee: \$25 | 217.788.3330 MemorialBurnCenter.com |
| SportsCare Women's Biathlon Kickoff When: June 25, 11a.m.–1p.m. Where: SportsCare, 100 Chatham Road, Springfield Register for the fourth annual Women's Biathlon (held in September), qualify to win an iPod touch, and talk to professionals regarding proper nutrition and training. | 217.862.0444 SportsCareWomensBiathlon.com |
| Road to Recovery 5K Run/3K Walk When: May 14. Registration begins at 7 a.m. Run/Walk begins at 7:30 a.m. Where: Washington Park, Springfield Registration forms will be available on MHCCI.org in April. Proceeds will support future NAMI Springfield educational and awareness events. | 217.891.5570 |

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



fyi — u can txt “wait” to 411217 for wait times!

ExpressCare Hours

- ▶ South Sixth daily 7am-10pm
- ▶ Koke Mill and North Dirksen daily 9am-8pm

Laboratory Hours

- ▶ South Sixth daily 7am-10pm
- ▶ Koke Mill and North Dirksen Mon-Fri 7:30am-8pm; Sat-Sun 9am-8pm

X-ray (Medical Imaging) Hours

- ▶ South Sixth daily 7am-10pm
- ▶ Koke Mill and North Dirksen Mon-Fri 7:30am-8pm; Sat-Sun 9am-8pm

Koke Mill ExpressCare

3132 Old Jacksonville Road

North Dirksen ExpressCare

3220 Atlanta Street (off N. Dirksen)

South Sixth Street ExpressCare

2950 South Sixth Street 

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