

# Live Well

MAGAZINE

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

## BRIDGING the **GAP**

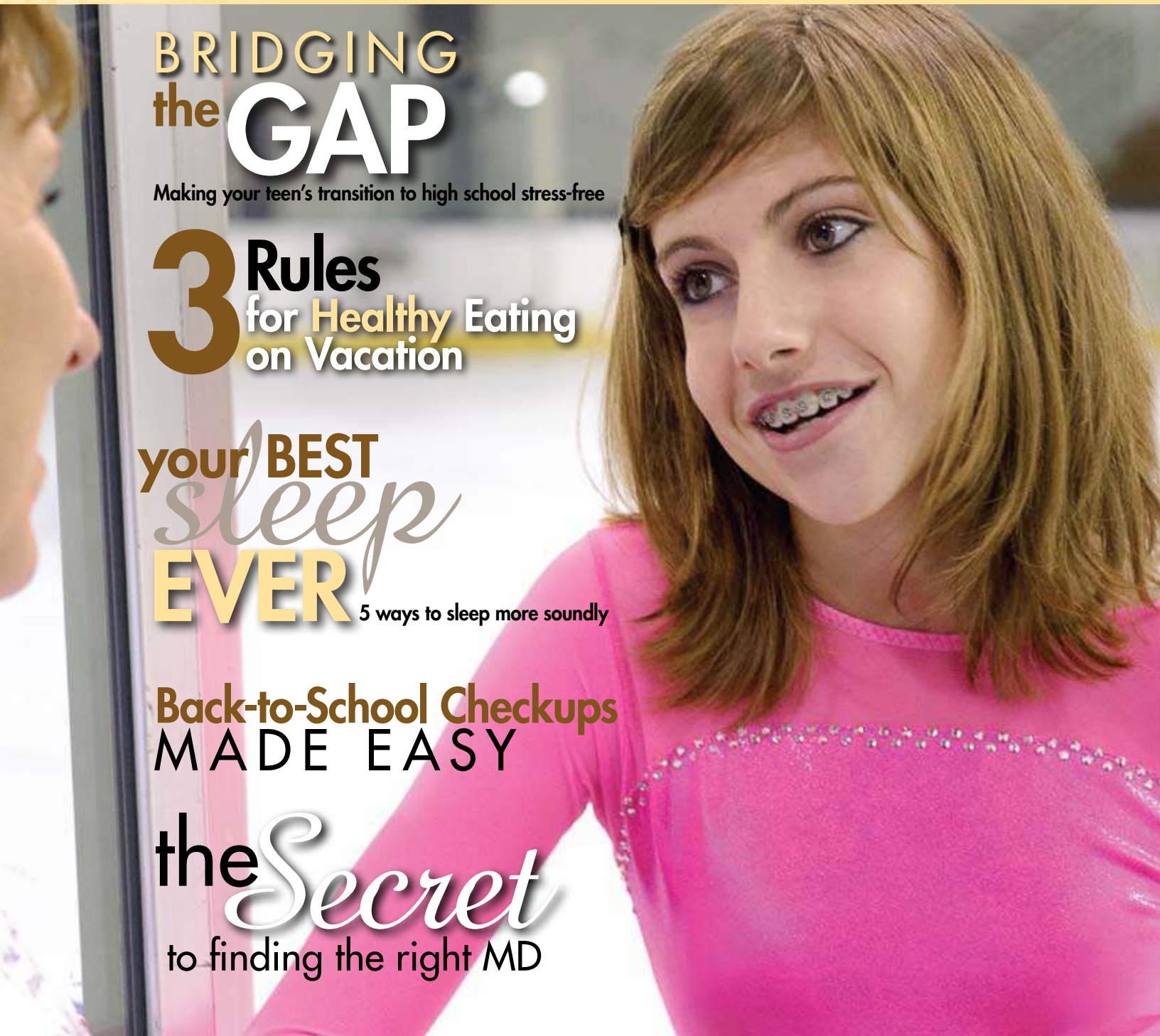
Making your teen's transition to high school stress-free

## **3** Rules for **Healthy** Eating on Vacation

## your **BEST** *sleep* **EVER** 5 ways to sleep more soundly

## Back-to-School Checkups MADE EASY

## the *Secret* to finding the right MD



# LiveWell

MAGAZINE

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## LETTER OF INTRODUCTION

Dear Friends,

I hope this issue of *Live Well* magazine finds you healthy as we enjoy the summer months here in central Illinois.

Summer is a busy time of transition for many members of our community, particularly those with children. Just as parents and their children wind down from a hectic school schedule, it's time to take on a full slate of sports activities, summer camps and vacations — not to mention the preparations required for another year of school. In this issue, as part of our continued mission to improve the health of the

people and communities we serve, several experts from Memorial Health System provide helpful tips regarding back-to-school physicals, the transition from middle school to high school, as well as ways to keep your family eating healthy during your summer travels.

Additionally, we highlight one local couple's discovery of the important role a primary care provider can play in one's life. Delbert and Helen VanDyke recently became patients of Memorial Physician Services' Josh Ellison, MD, and say they've learned that a comfortable level of communication is key when it comes to selecting a doctor to help coordinate their healthcare. Today, they are leading healthier lives because of the care Dr. Ellison helped provide.

We appreciate hearing from you and encourage you to contact us. Contact information for our three hospitals, primary care provider network, mental health centers and home services affiliate is listed to the right of this page. Our goal is for everyone who comes to any of our six Memorial affiliates for care to lead healthier lives. We hope this issue of *Live Well* magazine provides valuable information in support of that goal.

Best wishes to you and your family for a healthy summer. 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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Memorial Medical Center  
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Memorial Physician Services  
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Mental Health Centers of  
Central Illinois  
217.525.1064

Taylorville Memorial Hospital  
217.824.3331

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scheduling your  
child's yearly  
exam is a *must*



# Back-to-School CHECKUPS

By Stephanie Lahnum

When you think of summer, back-to-school checkups may not come to mind as quickly as swimsuits and backyard barbecues, but health experts say that's exactly when parents should schedule yearly exams.

State law requires physicals for students entering kindergarten, sixth and ninth grades, college or any student who is new to the state to be complete by Oct. 15. Athletes also must receive yearly exams. The earlier you make the call to schedule the appointment, the better.

"We start seeing children as early as May," said Barbara Murray, MD, pediatrician at Koke Mill

Medical Associates. "Calling early ensures your child will receive the necessary immunizations to begin school and will help avoid unnecessary delays."

A back-to-school checkup for a kindergartner consists of immunizations for diphtheria, pertussis, tetanus, poliomyelitis, measles, rubella, mumps and varicella (given in combined doses). Your pediatrician will also check your child's hearing, vision, height, weight and physical coordination to ensure proper development.

Sixth- and ninth-graders may receive vaccinations to guard against the human papillomavirus, tetanus,

« Kristi Osmond watches as her daughter Kati receives her annual back-to-school checkup from pediatrician Dr. Barbara Murray at Koke Mill Medical Center in Springfield.



diphtheria, pertussis and meningitis. The checkup also includes a full-body exam and evaluation of nutritional status and physical activity.

"It's very important to monitor weight during this age range," Dr. Murray said. "We're seeing children with higher and higher BMIs (body mass indexes), and this could set them up for health problems down the road."

For teenagers, the doctor will likely address psychosocial behaviors and ask about cigarettes, drugs, alcohol and sexual activity.

"I ask the parent to leave the room, and most teenagers are very open," Dr. Murray said. "Often they are looking for a doctor's advice but are afraid to ask in front of their parents."

While annual back-to-school checkups are not required for every grade, Dr. Murray insists they are still the best way to maintain a clean bill of health for your child.

"Things can pop up that parents don't recognize. Especially if your child has underlying health conditions like asthma or a high BMI; these things and overall health need to be checked regularly."

## MD PROFILE



### **Barbara Murray, MD**

*Pediatrician with Koke Mill Medical Associates, a Memorial Physician Services clinic.*

Koke Mill Medical Center  
Located at Koke Mill and  
Old Jacksonville Roads  
Springfield  
217.862.0800

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

By Lori Harlan

Whether you pile your family into the car for a leisurely road trip or jet off to an exotic locale, a vacation is a great escape from your everyday routine. But summer fun doesn't have to sabotage your diet. Healthy eating while on vacation is possible – even pleasurable – when you make educated food choices.



## PLAN AHEAD

Gayle Jennings, a clinical dietitian at Memorial Medical Center, says avoiding dieting pitfalls is easy with a little planning.

If you know where you'll be eating, check out the restaurant's website in advance. Most national chains have nutritional information available online. Jennings also recommends a book called *The Calorie King*. This pocket-sized guide provides nutritional information (calories, fat, sodium, etc.) on a wide variety of food and has a special section devoted to chain restaurants. It provides easy access to nutritional information when the internet isn't available.

Armed with nutritional information, you can avoid poor choices like a gut-busting bowl of fettuccine alfredo. Can pasta really be that bad? Yes – a dinner-sized portion of fettuccine alfredo contains 1,220 calories and 75 grams of fat. That's about 60 percent of the calories and nearly 100 percent of the fat an average adult needs for a day, based on a 2,000-calorie diet.

## PACK SNACKS

Another way to make healthy choices on vacation is to pack your own snacks. Having a picnic at a park or rest stop is less expensive than stopping for fast food and a nice way to enjoy some quality time outdoors.

Jennings recommends sandwiches on whole-grain bread, baked chips, low-fat granola bars, fruit, yogurt, string cheese and calorie-free drinks like water or tea. By portioning out snacks in individual serving-sized bags, you can avoid the temptation to overeat.

## EXERCISE PORTION CONTROL

The biggest challenge to healthy eating is portion size. Restaurants typically serve more than twice as much food as you should eat in one sitting. To avoid overeating, share a dinner entrée with someone or ask if a lunch-sized portion is available. It's easy to continue eating long after you're full, so avoid the temptation by putting half in a doggie bag before you dig in.

The "plate method" is another easy portion-control trick to ensure you're eating a healthy balance of foods. Jennings says half of the plate should be a non-starchy vegetable, a quarter should be protein and the remaining quarter can be pasta, rice or a starchy vegetable.

By Michael Leathers

## Your Best Sleep *ever*

Get a good night's rest? For many people, that seems like an impossible dream.

The average adult needs seven to nine hours of sleep each night, said Kaye Liles, manager of the Memorial/Southern Illinois University School of Medicine Sleep Disorders Center. In reality, adults average 6.5 hours of sleep.

Liles, a registered respiratory therapist, pointed out *five* things you can do to sleep soundly:

### 1. Set A Regular Bedtime.

Resist the temptation to stay up late. People often shorten their sleep because they succumb to one more movie or TV show or spend too much time online. Decide on an appropriate bedtime and stick to it.

### 2. Establish a Routine.

An hour before bedtime, turn off the TV. Read or listen to music instead to prepare your mind and body for sleep. Don't use this time for activities like paying bills. It's important to relax.

### 3. Sleep in the Bedroom.

Don't drift off in your recliner or on the couch. Make your bedroom a comfortable place to sleep. It should be dark and quiet. Consider blackout drapes to keep out light. Turn your digital clock away from you so you're not tempted to watch it. Keep the room cool.

### 4. Find a Good Mattress.

Choose a mattress that's comfortable and supportive. Most mattresses last nine to 10 years, according to the National Sleep Foundation, so it might be time to buy a new one. Change sheets and pillowcases regularly.

**5. Maintain a Healthy Lifestyle.** Exercise regularly, but not before bedtime. Don't eat late at night, and avoid heavy or spicy foods before bed. A glass of wine before bed will often fragment your sleep. Ask your doctor about your medications, including over-the-counter and herbal medicines, and how they might affect your sleep.

### The Sleep Disorder Center

The Memorial Medical Center/SIU School of Medicine Sleep Disorders Center has been fully accredited by the American Academy of Sleep Medicine since 1993. Serving more than 1,200 patients each year, they diagnose and treat a variety of sleep disorders, including obstructive sleep apnea, insomnia and narcolepsy. For more information, call (217) 788-4269.



Hannah Lawler, 14, of Springfield, will begin her freshman year of high school this fall.

Making the transition from junior high school to high school is tough for most teenagers. Lori Schwartz, director of The Children's Center in Springfield, has some advice for parents as their teens prepare to start high school: Don't take it personally.

Teens are going through changes on many levels as they prepare to leave junior high, where they ruled the roost as eighth-graders, to high school, where they're starting at the bottom rung as freshmen.

Marilyn Lawler of Springfield understands that. She's the legal guardian of her granddaughter, Hannah, a 14-year-old who will begin her freshman year this fall. Some of Hannah's close friends from junior high will attend a different high school, and that makes the transition that much harder, Marilyn said.

According to Schwartz, the changes that teens are going through include:

### Cognitive

"They realize they have their own viewpoints and beliefs, and it's a big time for their moral development," she said. Teens may return to egocentric thinking, so in some ways it's like revisiting the "terrible twos" for parents.

# Bridging the Gap

How to Transition Your Teen to High School

By Michael Leathers

## Physical

Young teens are going through puberty and dealing with changes in their bodies, which makes them self-conscious. Their appetites increase during growth spurts and decrease between spurts.

## Psychological

They're concerned about what others think about them. Their desire for privacy increases, Schwartz said. Frequent mood swings can be common as well as forgetfulness.

### What can parents do?

Schwartz suggests the following three tips:

**1.** GIVE THEM MORE TIME AND ATTENTION.

Take advantage of the opportunities to connect when your child is open to your advice.

**2.** ENCOURAGE THEM TO DEVELOP THEIR TALENTS AND PASSIONS.

Whether dancing or drawing or sports, help them build their self-esteem and realize they're unique individuals.

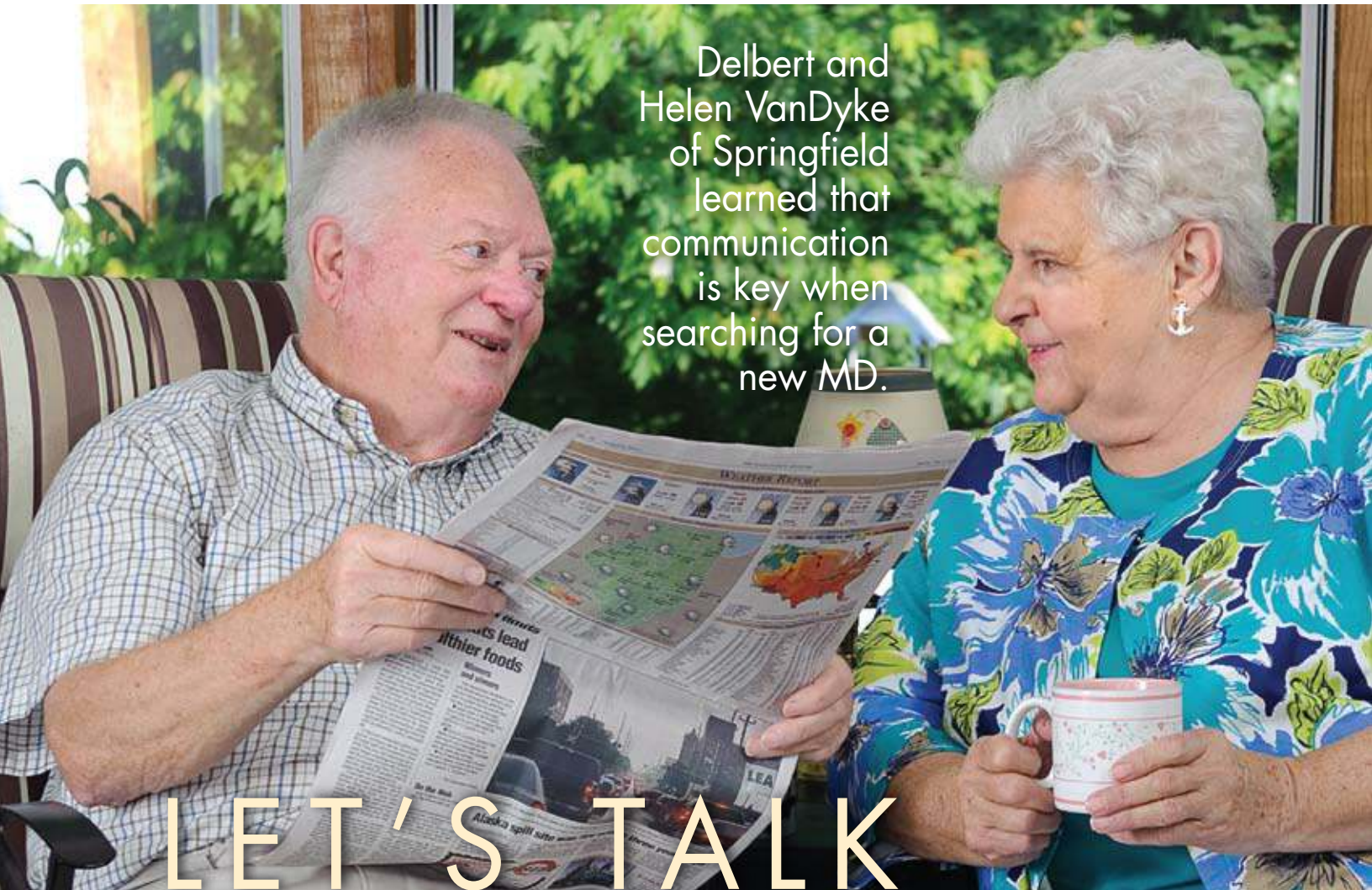
**3.** STAND FIRM.

Continue to maintain your rules and boundaries. Children need security — even when they think they don't.



“We can't always say yes,” Marilyn said about Hannah, “but we need to give her some independence to help her learn to exercise good judgment.”

*The Children's Center is part of Mental Health Centers of Central Illinois, a Memorial Health System affiliate. For more information about its services, visit [MHCCI.org](http://MHCCI.org).*



Delbert and Helen VanDyke of Springfield learned that communication is key when searching for a new MD.

## LET'S TALK

By Kelsea Gurski

**D**uring the 2009 Christmas holiday season, Helen VanDyke of Springfield had lost much of her energy. The Springfield woman struggled through until February 2010, when she decided to visit her husband's primary care physician, Josh Ellison, MD, who specializes in family medicine and practices at North Dirksen Medical Associates in Springfield.

"We knew there was a problem; we just didn't know what it was," said Delbert VanDyke, Helen's husband of 27 years. Delbert has been a patient of Dr. Ellison's since last summer.

After a thorough first visit with Dr. Ellison and a few visits to some specialists, Helen learned her heart was out of

rhythm. Today, she is back "on the straight and narrow," her husband said.

"He was right on the money (with Helen's diagnosis)," Delbert said. "We liked that."

Both the VanDykes now use Dr. Ellison as their primary physician. Because Helen can no longer drive and often needs her blood tested, it made sense for her to transfer her care to Dr. Ellison, whose location is significantly closer than her former out-of-town physician's office.

"It's a godsend," she said. "It's so convenient. He's right there if we need him."

Plus, the VanDykes simply like Dr. Ellison's personality. He speaks in a way they understand and shares the same

values when it comes to their preferred approach to medical care, Delbert said.

He also takes ample time during their visits so they feel completely a part of their healthcare.

"We just can't say enough good things about him and the way we've been treated there," Helen said. "He takes a lot of time, explains things to you – I think the first time we were there he took two, two-and-half hours. We were just impressed and felt like he was genuinely interested in our well being."

According to MedlinePlus, a medical encyclopedia produced by the U.S. National Library of Medicine and the National Institutes of Health, it is important to select a primary care physician with whom you will work well, as this provider often is responsible for your care over a long period of time, if not for life. Primary care physicians include family practitioners, pediatricians, internal medicine doctors, obstetricians and gynecologists, nurse practitioners and physician assistants.

Ellison has been part of Memorial Physician Services' network of primary care doctors since 2009. He said he sees his role as the coordinator of care for a patient – "somebody who can take everything into account when caring for you," he said.

## Two key things he suggests people look for when finding a primary care doctor are good communication and availability.

"Communication is the most important thing – being able to connect with people, talk to them as they need to be talked to," he said. "All the other stuff kind of falls by the wayside."

Availability also is important, as many patients tend to wait until the last minute to seek out care. In those cases, it's crucial that their physician can see them within a day or so, Dr. Ellison said.

What shouldn't matter when searching for a primary care doctor, he said, is the physician's ethnicity, religion or physical characteristics.

"We're all programmed in medicine to want to help as much as possible," he said.

## What to expect during your first visit with a new primary care doctor:

- IF IT'S BEEN MORE THAN A YEAR since you last saw a physician, Dr. Ellison suggests a healthy preventive medical physical.
- IF IT'S BEEN WITHIN A YEAR since your last visit, or you have multiple medical problems, Dr. Ellison suggests the first visit include a discussion of your medical history.

MD PROFILE



**Joshua Ellison, MD**

- Family medicine physician with North Dirksen Medical Associates, a Memorial Physician Services clinic.
- Currently accepting new patients

3220 Atlanta St.  
(near Dirksen Parkway)  
Springfield  
217.588.7400  
Visit [MemorialMD.com](http://MemorialMD.com) for more information.



To meet Memorial Physician Services' physicians who are accepting new patients, visit **MemorialMD.com**



# Transitional Retiree

"I always said that I would not retire to the rocking chair," Tyre said. "There's no reason to slow down now."

*Tyre Rees, a retired life-long Springfield resident, stays active by volunteering his time at Memorial Medical Center.*



# oning to ment

By Stephanie Lahnum

After serving state and city government for nearly 50 years as a civil engineer, Tyre Rees, a life-long Springfield resident, was ready for retirement. He made a promise to himself to stay active and began looking for new ways to occupy his time.

"I always said that I would not retire to the rocking chair," Tyre said. "There's no reason to slow down now."

Rees credits an active schedule for the smooth adjustment to his new lifestyle. According to Brenda Flesch, RN, LCPC, and counselor with Memorial Counseling Associates, that's part of what makes a successful transition to retirement.

"Social connections are very important," Flesch said. "You need to be accountable to others. Often people financially plan for retirement, but not for living activities."

Flesch suggests taking a personal inventory of everything that's important and creating a plan for how to fill the day. If you are married, both parties should clearly define what they want in retirement.

"If you get stuck or run into problems, that's when it's time to go back and re-evaluate what's important and what needs to be changed," Flesch said. "Take advantage of all the resources available like counseling, online networking for seniors, church activities and volunteering."

"Volunteering meets that societal need of feeling productive and contributing, and studies have shown that people who isolate themselves have more health issues."

Between family and friends, Tyre doesn't often feel lonely. Being among the 400 volunteers at Memorial Medical Center, which he says is like a second family, certainly helps.

"I just feel better after volunteering," he said. "And it's nice to see the smiles each day."

*Contact Memorial Counseling Associates at 217.788.4065 or log on to [MemorialCounselingAssociates.org](http://MemorialCounselingAssociates.org) for help with retirement planning or adjustment.*

## VOLUNTEER OPPORTUNITIES AT MEMORIAL

Whether you prefer to help visitors select the perfect item in the Gift Shop, get in exercise by transporting patients, or help departments with special projects, Memorial offers a number of volunteer opportunities to fit every interest and skill set. Volunteers receive a complimentary meal for each day of service. Call today to find out how to volunteer in your area.

**Memorial Medical Center in Springfield –217.788.3352**

**Taylorville Memorial Hospital – 217.824.1199**

**Abraham Lincoln Memorial Hospital –217.732.2161, ext. 75185**

# ServeWell

FOR THE BENEFIT OF OUR COMMUNITY



*Scott Shepherd, medical service technician with Memorial Home Services*

**Memorial Home Services** provides home health, home hospice and home medical equipment services across an 18-county region in central Illinois.

The home health program allows individuals to recover from injury, surgery or illness in the comfort of their own homes. Home hospice services provide end-of-life care to patients and their families, from skilled nursing care to bereavement services after a loved one dies.

Memorial Home Services provides home medical equipment products and services at their retail stores in Springfield, Lincoln, Jacksonville and Taylorville.

**For more details, visit [MemorialHomeServices.com](http://MemorialHomeServices.com) or call 217.788.4663 or 800.582.8667.**

## Beating the Heat

By Michael Leathers

When Scott Shepherd walked into Margaret Bryant's Springfield home last June for a delivery, the heat was all but unbearable. "It was Arizona, face-melting hot in that house," he recalled.

Shepherd, a medical service technician with Memorial Home Services, one of Memorial Health System's six affiliates, was able to purchase a box fan for her that day. About a month later, he and his colleagues in Memorial Home Services' reimbursement department secured an air conditioner for her.

"You could have given me the Hope Diamond, and I couldn't have been happier," said Margaret, who prefers to be called Patchis, a nickname from her grandfather. The 62-year-old is on oxygen and is dealing with emphysema, chronic obstructive pulmonary disease and lung cancer.

Shepherd's response led to Memorial Home Service employees taking up a collection to purchase a dozen box and stand-up fans for any of their customers in need, many of whom are elderly or homebound and have limited funds.

This summer, the call for contributions has been extended to all Memorial Home Services employees. Medical service technicians like Shepherd will keep their eyes open for patients in need as they deliver medical equipment throughout central Illinois. They make an estimated 1,300 deliveries each month.

Shepherd, who has been with Memorial for 19 years, sees what he did as no big deal and quickly credits the team effort that helped Patchis, but she has a different view. Shepherd "really does put his heart and soul into his job," she said.

## Innovative Cardiac Cath Procedure Offered at Memorial

Memorial Medical Center and Springfield Clinic are offering an innovative cardiac catheterization procedure that uses patients' wrists, rather than the groin region, to access blood vessels leading to the heart. Cardiac catheterization is used as a tool to diagnose and treat certain heart conditions using a thin plastic tube, known as a catheter, that is inserted into an artery or vein and then can be advanced into the chambers of the heart or into the coronary arteries.

The procedure, known as radial access catheterization, is performed in the cardiac cath labs at Memorial Medical Center. While the procedure is used widely in Europe and China, few hospitals in the United States offer it.

Patients receiving the radial access catheterization can often sit up and walk after the procedure, while patients receiving the traditional catheterization typically need bed rest and observation. They also may have a faster overall recovery period and reduced bleeding, bruising and complications.

Three Springfield Clinic cardiologists specialize in radial access catheterization. They are Adeeb Ahmed, MD, Donald L. Yakel Jr., MD, and Christian A. Zellner, MD.

## Memorial's Bariatric Program Named Center of Excellence

Memorial Medical Center has been named a Bariatric Surgery Center of Excellence by the American Society for Metabolic and Bariatric Surgery (ASMBS). This designation is awarded to bariatric programs that meet the highest quality standards for bariatric surgical patient care. Eleven Illinois hospitals have been recognized as a Bariatric Surgery Center of Excellence by the ASMBS. Nine are in the greater Chicago area, and one is in Peoria.

The surgeons who lead the team are Max Hammer, MD, medical director of Memorial Bariatric Services, and Orlando Icaza, MD. Both are affiliated with Springfield Clinic. Patients receive care before, during and after surgery from a dedicated team of healthcare professionals that includes nurses, dietitians, social workers, clinical psychologists and physical therapists.

More than one in four people in Illinois are obese, and an estimated 6 percent have morbid obesity. Morbid obesity is closely correlated with a number of serious conditions that severely undermine the health of overweight patients, including heart disease, high blood pressure and diabetes.

For more information, call 217.788.3948 or toll-free at 866.205.7915 or visit [MemorialBariatricServices.com](http://MemorialBariatricServices.com).

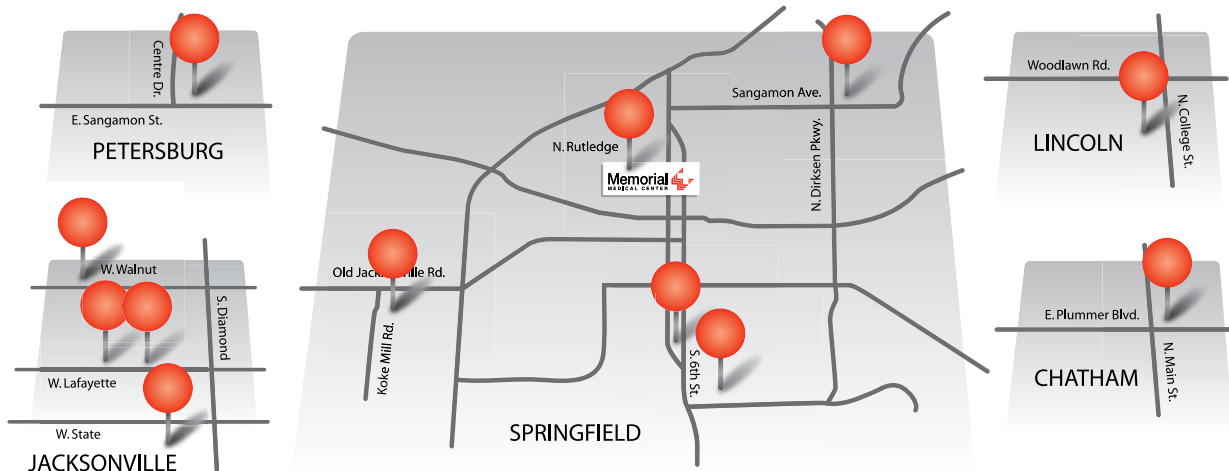
## Calendar of Events

Event	For More Info
<b>KidneyMobile</b> <b>When:</b> Aug. 25, 10 a.m.–2 p.m. <b>Where:</b> Memorial Medical Center Free kidney and diabetes screening. No appointments needed.	<b>312.321.1500</b>
<b>SportsCare's Women's Biathlon</b> <b>When:</b> Sept. 12. <b>Where:</b> Memorial's Koke Mill Medical Center, 3132 Old Jacksonville Road, Springfield 20K bike ride-5K run/walk. Features a family health and fun fair. Pre-race meeting: 7:45 a.m. Start time: 8 a.m.	<b>217.862.0444</b> <a href="http://SportsCareWomensBiathlon.com">SportsCareWomensBiathlon.com</a>
<b>Transplant Services 5K Run/Walk</b> <b>When:</b> Sept. 18 <b>Where:</b> Washington Park, Springfield (At the picnic pavilion) Registration: 7 a.m. Start time: 8 a.m. Registration: \$20, adults; \$10, 12 years old and younger.	<b>217.788.3441</b> <a href="http://MemorialTransplantServices.com">MemorialTransplantServices.com</a>
<b>Burn Center Survivors' Dinner</b> <b>When:</b> Oct. 14 <b>Where:</b> Fire Fighter's Lake Club, 940 West Lake Shore Drive, Springfield Annual reunion dinner for burn survivors. Dinner: 6:30 p.m.	<b>217.788.3330</b> <a href="http://MemorialBurnCenter.com">MemorialBurnCenter.com</a>
<b>Be Aware Women's Fair</b> <b>When:</b> Oct. 16 <b>Where:</b> Orr Building, Illinois State Fairgrounds. 9 a.m.-2 p.m. Featuring health screenings, education and entertainment for women.	<b>217.788.7022 or 217.788.3233</b>

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



# MEMORIAL HAS YOU COVERED.



*Each pin is an MPS clinic location.*

During the past 16 years, Memorial Physician Services has grown to become one of Central Illinois' largest, most experienced primary care physician networks. Our physicians have practices in pediatrics, internal medicine, family medicine and obstetrics and gynecology at 14 locations in Springfield, Chatham, Jacksonville, Petersburg and Lincoln. Today many of these physicians are accepting new patients and they look forward to serving you. For information about insurance, and to find a doctor who's right for your family, visit [MemorialMD.com](http://MemorialMD.com).

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