

# Live Well

MAGAZINE

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

## A LIFE SAVED

A 4-wheeler accident leaves Blake Whitehead of  
Bath grateful for a second chance at life

## 5 Health Issues *every woman* should know

## the truth about artificial sweeteners

## Is your child a *picky* eater?

How to tell if your child's picky eating habits  
are more than just a phase.

## 4 ESSENTIALS for creating your own HOME GYM



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MAGAZINE

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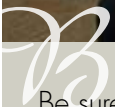
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Be sure to visit Memorial's first **Be Aware Women's Fair** on Oct. 16 at the Orr Building on the Illinois State Fairgrounds. See page 11 for details on this exciting health and education event for women of all ages; it's a great opportunity for women to have fun with their female family members, friends and colleagues.

over a child's picky eating habits (page 5); and five health concerns women should be aware of to protect their own personal health (page 10).

Our next issue of *Live Well* will publish in April 2011. In the meantime, I encourage you to visit our website or become a fan of our Facebook page (see addresses listed at right) to stay abreast of the latest news from our health system.

On behalf of the more than 6,000 employees throughout central Illinois who make up Memorial Health System, I wish you a healthy, prosperous fall and winter.

As always, thank you for choosing Memorial.

Edgar J. Curtis  
President and CEO  
Memorial Health System

## LETTER OF INTRODUCTION

Dear Friends,

Welcome to fall, and to our final issue of *Live Well* magazine for 2010. We've had a great year thus far throughout Memorial Health System, and hope you have as well.

In this issue, I'm proud to share with you one of the many examples of how Memorial makes a difference in the lives of the patients we serve. On page 6, you'll meet Bath resident Blake Whitehead, whose recovery from a frightening all-terrain vehicle accident earlier this year highlights the world-class emergency and rehabilitation care available to the community right here at Memorial.

October is Breast Cancer Awareness Month, and beginning on page 8, you'll learn how local volunteers and Memorial's Regional Cancer Center employees participate in a national program geared toward helping cancer patients feel better about their appearance during treatment. Additionally, you'll find information on a mental health concern referred to as the Sunday Blues (page 4) and how to handle the stressors that contribute to it; when to become concerned



### 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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## BATTLING THE *Sunday Blues*

by Michael Leathers

For some people, Sunday can be a relaxing day after a hectic workweek and a busy Saturday filled with activities and chores. For others, the quiet of Sunday is a reminder that the stress will soon start all over again—and they dread it.

The Sunday blues strike again.

Many people don't like to talk about feeling gloomy on Sundays. They worry that others, such as their co-workers or boss, will judge them, said Hillary Brady, a licensed clinical professional counselor, who is a therapist with Memorial Counseling Associates and Memorial Partial Hospitalization.

But if you don't deal with the pressure, the Sunday blues can make you increasingly irritable or reluctant to socialize with friends or do activities you enjoy, Brady said.

So when should you worry that the Sunday blues are taking a toll? For some people, the dread of returning to work can become so strong that they're unable to take pleasure in the present, Brady said.

"They become so worried about Monday, they can't focus on staying in the moment."

If that type of all-consuming pattern continues for weeks, Brady said that might be a good time to talk to a therapist. While some people are reluctant to seek help, therapy is a valuable wellness tool that can help you cope.

Brady offers these suggestions to help you bust the Sunday blues:

- Evaluate the pros and cons of your current job. Is it time for a career change? Or are you feeling the pressure because an evaluation is coming up or a big presentation is looming?
- Talk to your family and friends about what's stressing you. Too many people keep their feelings bottled up.
- Learn to slow down and relax on the weekend. While other cultures know how to do this, American society is not set up to value down time. "We get impatient because we need to do everything quickly," Brady said. "We tend to feel guilty if we're not always being productive."

"For some people, the dread of returning to work can become so strong that they're unable to take pleasure in the present."



Part of Mental Health Centers of Central Illinois, Memorial Counseling Associates provides assessment and therapy services for the serious life problems faced by children, adolescents and adults. These include depression, anxiety and stress, relationship issues, major life changes, grief, and child or adolescent issues, such as attention deficit hyperactivity disorder. MCA has flexible office hours in Springfield and Lincoln. For more details, go to [MemorialCounselingAssociates.org](http://MemorialCounselingAssociates.org) or call 217-788-4065.

By Michael Leathers  
Photography by Chad Jeffers

## A Situation That's Hard to Chew—

# How To Handle Picky Eaters

When parents have a child who's a picky eater, many assume it's only a phase, but the child may have a feeding disorder, said Cheri Fraker with Memorial's Center for Selective Eating and Pediatric Feeding Disorders.

Only 3 percent to 12 percent of children refuse to eat purely for behavioral reasons, such as seeking attention or being in control, said Fraker, who specializes in evaluating and treating pediatric feeding disorders.

Many reasons exist for children to be selective eaters. Some have acid reflux or other gastrointestinal disorders. Others have sensory difficulties and can't stand the appearance or smell of food, while others have vitamin deficiencies that curb their appetites.

Some children don't develop good basic feeding skills. They refuse to eat new foods because they don't know how to chew them and often will seek out foods with similar textures, such as crackers, French fries and chicken strips.

Some frustrated parents encourage their children to drink milk or juice to ensure their child receives some nourishment. But that's not a good alternative, Fraker said.

Too much milk can lead to anemia, and too much juice can cause diarrhea and decreased appetite.

It's important for children to be assessed and treated to put them on the road to healthy eating, Fraker said. Some tips parents should consider to encourage good eating skills include:

- Ensure meals last about 20 minutes and do not exceed 30.
- Limit juice to 4-6 ounces daily. Juice and milk should be scheduled during meals, with water in between meals.
- Use divided plates. Offer new food in a designated "looking" section of the plate for items they aren't required to eat; don't pressure them to eat it. Always have something they will eat on the plate.
- Give child-size portions. From age 1 to 3, children only need one tablespoon each of meat, veggies and fruit for each year of their lives.

Memorial's Center for Selective Eating and Pediatric Feeding Disorders is in Springfield's Koke Mill Medical Center. The center treats an estimated 500 children annually, from babies to older adolescents. For information, call 217-862-0403.

By Kelsea Gurski  
Photography by Chad Jeffers



# A Life, SAVED

B

lake Whitehead doesn't remember much about the 4-wheeler accident that left him severely injured and partially paralyzed. It was a Saturday in late May, and the 21-year-old was following a buddy, also driving a 4-wheel all-terrain vehicle, in Kilbourne, a rural town in Mason County. His friend's ATV stalled on a hill at a point where Blake couldn't see him. The two ATVs collided, sending both men flying.

Some have told Blake, a construction worker from the tiny town of Bath, he's lucky to be alive.

When a bystander rushed to Blake and his friend, Blake was unresponsive. Medical responders revived him, and a helicopter flew him to Memorial Medical Center for immediate care (his friend was transported by helicopter to a Peoria hospital). Blake's injuries were substantial: head

trauma, severed nerves, a broken leg, dislocated knee and a broken collar bone.

"They said I was dead before the helicopter came," Blake said.

When he first woke up in Memorial's intensive care unit, he wondered where he was. When he learned he was at MMC, he said he felt confident he'd get the great care he needed, even though he wasn't yet aware of what that would entail.

"At that point, I didn't really know what my injuries were," he said.

The news wasn't great. In addition to requiring surgery to repair his severely broken right leg, he learned that at least two of the nerves connecting his right arm to his

**“They said I was dead before the helicopter came,” Blake said.**

spinal column were severed. He no longer could feel or move the arm from the middle of his bicep down.

“At first, I didn’t realize I’d never be able to use it again,” he said. “I just knew I was ready to get better and get home.”

Before going home, Blake had to learn how to function with his injured leg and disabled arm. After recovering enough to move to Memorial’s Inpatient Rehab unit, he began an intensive, multidisciplinary rehabilitation program involving at least three hours of daily occupational and physical therapy.

Memorial’s Inpatient Rehab unit is accredited by the Commission on Accreditation of Rehabilitation Facilities, or CARF, meaning it meets internationally recognized standards for rehabilitation. Blake’s therapy sessions involved learning to get in and out of a bed and car without the use of his right arm and leg, getting dressed, as well as propelling a wheelchair, which he used for nearly two months while his leg healed.

“When a person is admitted to Inpatient Rehab, an individualized plan is developed to meet their specific goals and help them gain independence so they can return to the community with their family,” said Lindsay Price, PT, MHS, CBIST, manager of Memorial’s Inpatient Therapy Services. “We recognize that each person and injury is different, so we tailor their time on Inpatient Rehab to meet their needs and goals.”

**Memorial is the only healthcare organization in Illinois—and one of less than 40 in the world—to receive full, three-year accreditations for five rehab program areas:**

- inpatient rehabilitation for adults, children and adolescents;
- brain injury inpatient rehabilitation for adults, children and adolescents;
- spinal cord system of care for adults, children and adolescents;
- interdisciplinary outpatient medical rehabilitation for adults, children and adolescents; and
- stroke inpatient specialty.



Blake, who has had to undergo at least two additional surgeries since his initial hospital stay, is recovering at his home in Bath, where his parents, Mike and Kim, also live. The youngest of four brothers, Blake’s life is somewhat on hold while he heals.

In early August, he began walking with the use of a cane and knee brace. This fall, he will learn if the nerves in his arm can be somewhat reconstructed so he can regain feeling or partial use of his arm. He’s learning to function—write, eat, etc.—with his left hand, and with some help, he’s repaired his 4-wheeler, which was bent at the frame.

He continues to visit doctors with Memorial and Springfield Clinic almost weekly and said he’s thankful for the care they have given him, both in the hospital, during home visits through Memorial Home Services’ home health program, and at follow-ups.

“There are so many doctors and nurses I’d like to thank,” he said. “The staff was great. I can’t say one bad thing about them. They were always there every time I needed something.”





By Stephanie Lahnum  
Photography by Chad Jeffers

# Beautiful Inside and Out

**P**aula Zink and her daughter, Alli, took a chance on a program they knew little about. The 46-year-old Chatham resident was diagnosed with breast cancer in April and was midway through chemotherapy treatments this summer when she learned about the “Look Good...Feel Better” program, a free, non-medical event for women undergoing cancer treatment.

With Alli home from college, the two decided to spend an evening together in July at Memorial Medical Center, which serves as a host monthly for the American Cancer Society (ACS) program.

“I was skeptical at first and wasn’t sure what to expect,” Zink said. “But you feel the support as soon as you walk in.”

Sponsored by the ACS, National Cosmetology Association and Personal Care Products Foundation, the two-hour, hands-on workshop, which is organized

at MMC by the hospital’s Regional Cancer Center, is designed to give women in various stages of treatment a personal makeover. Participants receive a complimentary cosmetic kit for the skin care and makeup application lesson as well as advice on options for dealing with hair loss and nail care techniques. They experiment with wigs and receive suggestions on how to wear scarves and other accessories. The professional guidance comes straight from trained cosmetologists who volunteer their personal time to lead the workshops.

“A couple hours of my life to make a difference with theirs, what a small sacrifice for me to make,” said Pat Kuster, KM Hair Works and Spa cosmetologist and “Look Good...Feel Better” program volunteer. “This time is uplifting—very seldom does it get somber.”

Assisted by fellow volunteers Amanda England and Shannon Dalton, Kuster opens each meeting by telling attendees that around the room are women with different skin tones, personalities and ages.

“You feel the support as soon as you walk in”



“But you all have one thing in common. You’ve heard those three words, ‘You have cancer.’ And you will all leave here tonight the same way—all painted ladies.” While the makeover provides a self-esteem boost, Zink credited the time spent with women facing similar challenges as the true benefit.

“The information has been wonderful,” she said. “But the strength is even better.”

Zink’s efforts are now focused on beating her diagnosis. She took a break from her job as an inspector for the City of Springfield and expects treatment to conclude this fall. In the meantime, she uses the support received from family and connections she makes in the community as a source of encouragement.

“Sometimes I get overwhelmed, and that’s when programs like this are so helpful,” she said. “Every day is a challenge, but it’s also a gift.”

For more information on the “Look Good...Feel Better” program or to register for the next workshop, contact Sara McGrady, American Cancer Society patient services representative, at 217-523-4503 or visit [lookgoodfeelbetter.org](http://lookgoodfeelbetter.org). Workshops are held at locations throughout central Illinois, including Memorial Medical Center, every month.



To see more on this story, visit [LiveWellMagazine.org](http://LiveWellMagazine.org)



## Take Care of *You*

### WOMEN NEED TO REMEMBER THEIR OWN HEALTH NEEDS

As a wife and mother, a woman often assumes the role of family caregiver—making sure her husband takes his vitamins, the kids get back-to-school physicals and the dog gets vaccinated. But who takes care of mom after she takes care of everyone else?

It's important for women to focus on their own health needs. Here are the top five health issues local physicians say women should be aware of:

#### 1. BREAST CANCER

Breast cancer is the most common cancer in American women, excluding skin cancer, and represents one in every four cancers in women in this country, said Lisa Wichterman, MD, section head of breast imaging at Memorial Medical Center. Breast cancer is the second leading cause of cancer death after lung cancer.

Yearly mammograms beginning at age 40 offer the best way to detect breast cancer, and early detection means better outcomes. Wichterman also advocates monthly breast self-exams and has many patients who have detected their own cancer this way.

"You know your body better than anyone else," she said.

#### 2. HIGH BLOOD PRESSURE

High blood pressure increases women's risk of heart disease and stroke. Lydia Villafuerte, MD, who practices family medicine at Memorial Physician Services' South Sixth Medical Associates, encourages women to prevent high blood pressure by limiting salt intake, exercising regularly and maintaining a well-balanced diet, which means making healthy choices and limiting processed foods.

For most adults, a normal blood pressure is lower than 120/80, and it's considered high if it is consistently 140/90 or higher.



### 3. HEART DISEASE

Heart disease is the leading cause of death in women, according to the Centers for Disease Control and Prevention. Warning signs can go unnoticed because often women don't experience typical symptoms of heart disease. Dr. Villafuerte advises women to watch for new onset shortness of breath or shortness of breath with exertion, chest pain or heaviness, heart palpitation and swelling in the legs.

Post-menopausal women or women experiencing premature menopause, diabetics and smokers are at higher risk of heart disease.

Diabetics are more likely to have a "silent heart attack," without identifying chest pain, according to Joe Bilyeu, MD, a family medicine physician at North Dirksen Medical Associates. If a woman is concerned she may be experiencing a heart attack, it is best to be evaluated as soon as possible, he said.

### 4. DIABETES

Diabetes is a disease that occurs when a person's body doesn't make enough insulin or can't use insulin properly. It affects more than 23 million Americans—half of whom are women.

Symptoms include an unexplained increase in thirst, excessive urination, fatigue and an increased appetite combined with unintentional weight loss, according to Drs. Villafuerte and Bilyeu.

Tips for preventing diabetes include eating right, exercising and maintaining a healthy weight.

### 5. MENTAL HEALTH

Women's mental health is just as important as physical health, and Judi Stogdell, a licensed clinical social worker at Memorial Counseling Associates in Lincoln, said that how women handle stress can have a major impact on how they feel.

"People lose their jobs. Family members become ill. Couples divorce. Following these events, a person may feel worried, powerless, lethargic, anxious or sad," Stogdell said.

While these feelings are all normal and appropriate at times, when they are excessive and persistent, they may indicate the need for outside assistance.

"Talk therapy is a wonderful way of getting through a really tough time. Don't feel ashamed to say you need help," she said.

# Memorial's women's BE AWARE fair

Mark your calendars for the  
Be Aware Women's Fair on

**SATURDAY, OCT. 16.**

Gather up your girlfriends and enjoy a fun and informative day devoted to women's physical, emotional and financial health.

The Be Aware Women's Fair will feature guest lectures by area physicians; free health screenings including blood pressure, cholesterol, body fat and bone density; and entertainment throughout the day.

Download a coupon for \$1 off the \$4 admission price at [MemorialMedical.com/womensfair](http://MemorialMedical.com/womensfair).

Speaker schedule:

**9:30 a.m. Dr. Virginia Dolan**, pediatrician, Koke Mill Medical Associates, Memorial Physician Services, "Stress in Children's Lives: An Opportunity to Teach Coping Skills"

**10 a.m. Dr. Lynne Barkmeier**, vascular surgeon, Springfield Clinic, "Vein Problems in Women"

**10:30 a.m. Dr. Nicole Sommer**, plastic surgeon, SIU HealthCare, "Plastic Surgery/Breast Reconstruction"

**12 p.m. Dr. Laura Rogers**, internal medicine, SIU HealthCare, "Effect of Exercise on Reoccurrence of Breast Cancer"

**12:30 p.m. Dr. Angelique Rettig**, obstetrician/gynecologist, Springfield Obstetric and Gynecologic Associates (SOGA), "Weight Management and Effect on Diseases in Women"

**1 p.m. Dr. Lisa Wichterman**, radiologist, Clinical Radiologists, "Mammograms at 40-Plus"

The event is being held from 9 a.m. to 2 p.m. in the Orr Building at the Illinois State Fairgrounds.

By Kelsea Gurski

## 4 ESSENTIALS FOR A HOME GYM

For the busy, yet fitness-minded individual, working out at home can be an affordable, easy solution to fit exercise into your daily routine. Gabriel Stinson, a sports enhancement specialist with Memorial's SportsCare, recommends the following items for a starter home gym:

- **A STABILITY BALL.** These are great for working your core muscles, hip flexors, lower back, chest and shoulders, Stinson said. "You can give yourself a great workout with nothing more than one of these balls. You activate all kinds of stabilizer muscles that you normally don't activate from using a machine, dumbbells or free weights."
- **A PULL-UP BAR.** If you can't yet do a pull-up, purchase a set of exercise bands to attach to the bar and do pull-up exercises using those. Pull-ups work nearly the entire upper body, Stinson said, including your shoulders, biceps and forearms, and especially your back.
- **PUSH-UP BARS.** These can help you do the "perfect push-up," Stinson said. "They make it so you don't have to flex your wrist during the push-up. It protects your wrist and gives you more range of motion, which means better results for you."
- **DUMBBELLS.** Stinson suggests using dumbbells for bicep curls, shoulder presses and tricep extensions. You also can use them to bench press—while on the floor or balanced on a stability ball—or to do squats or lunges.

To create a successful home workout routine, Stinson suggests setting both long- and short-term goals.

"Everyone needs that long-term goal they are continuously striving for," he said. "But you also need to set small, weekly goals."

For example, set a goal to work out three times a week, re-evaluate after a few weeks, then consider incorporating an additional day.

Stinson also suggests finding a buddy who works out at home to motivate one another, keeping written track of your progress (number of reps, amount of weight used, etc.) and not being too upset if you slip up one week.

"If you only work out two times a week instead of three, that's better than not at all," he said. "Don't beat yourself up over it and let it spin out of control."



SportsCare's Healthy Lifestyle program can help adults of varying fitness levels establish a workout routine with their personal goals in mind. Call 217-862-0444 for more information.

## The Truth about Artificial Sweeteners

Often nestled between the salt and pepper shakers on your restaurant table is a colorful selection of sweeteners. While the contents of each packet may serve the same purpose—to sweeten your drink—there’s a distinct difference between natural sugar and artificial sweeteners.

Artificial sweeteners were developed to deliver the sweet taste that many of us love without the calories found in natural sugar. Because these sweeteners—such as saccharin, aspartame and sucralose—are classified as non-nutritive, they are a popular way to satisfy your sweet tooth while limiting consumption of regular sugars and carbohydrates.

Many people, however, hold incorrect beliefs that artificial sweeteners are linked to health risks such as cancer or diabetes, said Christina Rollins, a registered dietitian at Memorial Medical Center.

“In reality, non-nutritive sweeteners are just like other foods—safe in moderation,” she said. Artificial sweeteners are considered GRAS, or Generally Recognized as Safe, by the Food and Drug Administration.

Non-nutritive sweeteners help decrease the calorie count of sugar-free products, but excess calorie consumption can still occur due to a tendency to overeat if you feel like you’re eating healthier food. Just because the calorie content has been reduced with the use of artificial sweeteners doesn’t mean that the product’s other ingredients are healthy in large servings.

“People need to be aware that a sugar-free product still contains carbohydrates and calories from other ingredients, like flour,” Rollins said. “If you eat a whole box of sugar-free cookies, you may be taking in too many calories without knowing it.”

Non-nutritive sweeteners can help make healthier food more palatable, but you should still consider portion size when you’re sitting down for meals. When used in moderation, artificial sweeteners can be a sweet addition to a healthy eating plan.

“Remember to check the food label to see what you’re really getting in each bite,” Rollins said.



By Kelsey Dallas

# 'WE DO WHAT WE CAN'

### Abraham Lincoln Memorial Hospital employee Beth Boch serves as connection between home and Haiti

Beth Boch already knew the difference a week could make when she boarded a plane in the Haitian airport last January, preparing for her return to America.

It was not the Abraham Lincoln Memorial Hospital employee's first time saying goodbye to Haiti. She had spent a week volunteering there two years prior and knew that the days she spent working with the Project Hope charity impacted hundreds of people's lives—1,000 patients were seen during her week-long trip alone.

But what she couldn't know as she took off from that Haitian runway was just how much more medical care the country's people would soon require. Beth flew home on the last American Airlines flight to leave Haiti before the country was struck by a devastating 7.0-magnitude earthquake.

Now she understands exactly how much of a difference a few hours can make—which is why she returned to Haiti as soon as she could, traveling there for a third time in May with members of the Central Christian Church congregation from Beloit, Wisc.

Beth became involved in the Project Hope initiative through her college roommate, who moved to Beloit after graduation. She calls her volunteer work in Haiti "an extension of what we do at the hospital every day." Project Hope volunteers serve in a clinic that was built just outside of the country's capital, Port-au-Prince. Because the clinic is only in operation during volunteer trips, it is not stocked with the normal supplies found in American medical facilities.

Before each of her trips, Beth, a registered radiologic technologist, has reached out to her co-workers at ALMH to fill her suitcases with over-the-counter medicines and ointments, as well as hygiene products. "We hand out vitamins and medicines, but we can't provide long-term care until someone can staff the clinic full time," Beth said.

In the next year, Beth hopes to begin a year-long volunteer position as an X-ray and ultrasound specialist for Haiti Health Ministries, another service organization. "Haiti doesn't have all the medical technology that we have yet," she said, "but we do what we can. We try to make a difference."



## Memorial's Bariatric Program Recognized by Blue Cross

Of the nine Illinois hospitals recognized as a Blue Distinction Center for Bariatric Surgery, only one is outside of the Chicago area.

If you were playing along on "Jeopardy!" with Alex Trebek, now's the time you would reply, "What is Memorial Medical Center?"

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. The goal is to help consumers find healthcare facilities that have demonstrated better overall outcomes, such as fewer medical complications, fewer readmissions and higher survival rates, in the delivery of specialty care, according to Blue Cross and Blue Shield.

"Our designation as a Blue Distinction Center serves as another validation of the excellent patient care provided by our bariatric services team," Rebecca

Anderson, director of Memorial Bariatric Services, said.

Memorial Bariatric Services has performed nearly 480 bariatric surgical procedures since it was established in 2002. An estimated 200 bariatric surgeries are expected to be performed at Memorial Medical Center this year. 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.

For more information, call 217-788-3948 or toll-free at 866-205-7915 or visit [MemorialBariatricServices.com](http://MemorialBariatricServices.com).

## Children's Play Deals with ADHD, Bullying

"The Incredible Speediness of Jamie Cavanaugh," a 60-minute children's play that deals with attention deficit hyperactivity disorder and bullying, will be staged at 7 p.m. Friday, Nov. 5, at Sangamon Auditorium in Springfield. Tickets are \$19 for adults and \$11 for high school students and younger.

The fast-paced and funny play is presented in partnership with The

Children's Center, part of Mental Health Centers of Central Illinois, a Memorial Health System affiliate, and Springfield Parents for Students with Disabilities.

For more information, go to [UIS.edu/SangamonAuditorium](http://UIS.edu/SangamonAuditorium) and click on "Coming Events."

## Nominate a Nurse for a DAISY Award

Have you received great care from a nurse at Memorial Medical Center? Why not send them a DAISY?

Patients and visitors can nominate Memorial Medical Center nurses for a DAISY Award, which honors nurses who "demonstrate excellence through clinical expertise, extraordinary service and compassionate care."

The DAISY Award For Extraordinary Nurses is part of the DAISY Foundation's program to recognize nurses for the work they do every day. The medical center recognizes a nurse each month with a DAISY Award.

To nominate a nurse, visit [MemorialMedical.com](http://MemorialMedical.com).

## Calendar of Events

Event	For More Info
<p><b>Be Aware Women's Fair</b></p> <p><b>When:</b> Oct. 16, 9 a.m.–2 p.m.  <b>Where:</b> Orr Building, Illinois State Fairgrounds</p> <p>From asthma to Zumba, the fair features health screenings, entertainment and education for women. Admission: \$4. (Discount coupon online.)</p>	<p><a href="http://MemorialMedical.com/WomensFair">MemorialMedical.com/WomensFair</a></p>
<p><b>Memorial's Festival of Trees</b></p> <p><b>When:</b> Nov. 20–28  <b>Where:</b> Orr Building, Illinois State Fairgrounds</p> <p>A family event featuring exquisitely decorated holiday showcases, trees, swags and wreaths. Admission: \$5, adults; \$2, 3–12 year olds. Seniors: \$3 on Senior Day, Nov. 23.</p>	<p>217-788-4301  <a href="http://MemorialsFestivalOfTrees.com">MemorialsFestivalOfTrees.com</a></p>
<p><b>Taylorville Memorial Hospital's Outpatient Services Center Open House</b></p> <p><b>When:</b> Early 2011  <b>Where:</b> Taylorville's Outpatient Services Center</p>	<p>Check <a href="http://TaylorvilleMemorial.org">TaylorvilleMemorial.org</a> for the most up-to-date details on the facility's opening.</p>

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# No appointment. No problem.



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