

Sarah Bush Lincoln

Health *styles*



DEFYING THE ODDS

Jerry Beals received hope and time, thanks to the SBL Regional Cancer Center.

FROM POWERING THROUGH TO TAKING CHARGE

Steve Tordoff Sr. is grateful to The Heart Center for health and education.

RECLAIMING INDEPENDENCE:

Sara Niebrugge's knee replacement enabled her to embrace life again.



President and Chief Executive Officer
Kim Uphoff

Communications Director
Patty Peterson

Graphic Designer
Jenny Osborn

Editor
Dillan Schorfheide

Health Styles provides general information on health-related topics. It is not intended to be a substitute for professional medical advice, which should always be obtained from your physician.

For more information or to request a change of address, contact:
Sarah Bush Lincoln
1000 Health Center Drive
Mattoon, IL 61938
217-258-2420
www.sarahbush.org

© 2023 Sarah Bush Lincoln Health System

Health *styles*

Volume 34 | Number 3

Defying the Odds

Jerry Beals received hope and time, thanks to the SBL Regional Cancer Center.

2

From Powering Through to Taking Charge

Steve Tordoff Sr. is grateful to The Heart Center for health and education.

4

Reclaiming Independence:

Sara Niebrugge's knee replacement enabled her to embrace life again.

6

SBL Welcomes New Providers

Megan Murphy-Gass, PA-C, Kendal Buter, PA-C, and Debbie Murray, APRN.

8

SBL Charleston Family Practice Welcomes Pediatricians

Sanjay Garg, MD, and Seema Garg, MD.

10

SBL Welcomes

Family Physician Jeff Jenson, MD.

12

Community Connection

13



Sarah Bush Lincoln Hospice



Thursday, September 7

5:30 pm ~ *Early-bird Binga* / 6 pm ~ *Binga*

MATTOON EAGLES CLUB

1917 Oak Ave, Mattoon

To purchase tickets, call the SBL Health Foundation at **217-258-2511** or visit **www.sarahbush.org**

Admission \$10 (Seating is limited.)

Doors open at 4:30 pm.

Food and beverages are available for purchase.

Net proceeds support the SBL Hospice House Endowment.



Expanding Infusion Services

Sarah Bush Lincoln expands infusion therapy to Effingham.

Before opening the Effingham center, located in the SBL Medical Park Plaza at 901 Medical Park Drive, people in the area traveled 90 miles to the nearest infusion center to receive life-saving treatment.

With infusions, medications that cannot be taken orally, are given intravenously or by injection. Infusions allow for more efficient and effective treatment because medications flow directly into the blood stream and at a controlled rate. On average, most infusions take one to two hours, although they can range from 30 minutes to six hours.

Once an infusion is prescribed by his or her provider, a person chooses at which Sarah Bush Lincoln location to receive treatment. Infusion areas include warm blankets, TVs, recliners, refreshments and privacy. The Effingham infusion center features recliners with heat and massage controls.

Common conditions treated with infusion therapy.

- Anemia
- Bacterial or fungal infections
- Crohn's disease
- Dehydration
- Headaches
- Immune deficiencies
- Iron deficiencies
- Multiple sclerosis
- Neuromuscular disorders
- Osteoporosis
- Rheumatoid arthritis



EFFINGHAM

SBL Infusion Services
901 Medical Park Drive, Suite 201
217-342-7500



MATTOON

SBL Infusion Services
1000 Health Center Drive, Suite 204
217-258-4150



Defying the Odds

Jerry Beals received hope and time, thanks to the SBL Regional Cancer Center.

Jerry Beals received the worst possible news when he was diagnosed with non-small cell carcinoma. It wasn't that he had cancer or that it had spread to several places in his body; it was that his doctor gave him two to five months to live without treatment—and that Jerry shouldn't undergo treatment.

Two years prior, Jerry's doctors in Florida had detected a small spot on his lung, but they felt it was

a remnant from pneumonia. Jerry underwent PET and CT scans each year as a precaution; one set of tests revealed that the spot had grown. When Jerry and his wife, Barbara, received the devastating diagnosis following a needle biopsy last summer, they moved home to spend with family whatever time Jerry had left. The nine years they had spent in Florida was great, but that chapter was over.

Their son, Jerry Jr., traveled to Florida multiple times to accompany his dad to doctor appointments and to help his parents with the move. When they returned to Tuscola, Jerry Jr., urged his dad to get a second opinion at the SBL Regional Cancer Center before entering hospice care. Oncologist Abdur Shakir, MD, and Radiation

Oncologist Seong Cho, MD, thought differently than his dad's Florida doctors had. They had a plan to attack the cancer that had spread from his lung to his shoulder, hip and chest.

Jerry is a born entrepreneur with a nothing-gambled, nothing-gained mentality. He had worked as a mechanic while serving in the US Army in Vietnam, so post-discharge he used his skills to open Arcola Auto Repair, and, later, Central Illinois Transmission in Mattoon, which his son now owns. He and Barbara then purchased the long-time tavern, Castle Lounge, and operated it for 10 years.

After talking through a care plan with Dr. Shakir, Jerry decided to undergo chemotherapy, radiation therapy and immunotherapy. The latest PET scans show that while the spots were still present, the cancer is gone. "I think Dr. Shakir was even shocked. I'm not cured by any means, but it's been slowed down," Jerry explained. "Cancer treatment is not pleasant, but it sure beats the alternative."

Jerry fondly refers to Dr. Shakir as 'Dr. Superior.' "The Regional Cancer Center is just awesome. Everybody is so friendly. We're all on a first-name basis, and they ask about our families. They are very kind," he said.

The Beals' daughter, Tina Kibler, recalls, "My three sons are in the military, so one of my sons, who was

in the Navy on deployment, hadn't seen Dad for a year. In fact, my three sons and niece hadn't been together for the holidays in four years with my parents. We were praying Dad would make it to Christmas 2022. When Dad made it through Christmas, we were hoping he'd make it to his and Mom's 55th wedding anniversary. And he did. It's really a miracle. So many things have just fallen into place."

While Jerry relishes the time he spends with his family, "What happens, happens. I try to keep a positive mindset. There's still plenty I want to do: play a little golf, fly down to Florida to see my buddies and ride my motorcycle," he said.

Jerry was so optimistic that he bought a new slingshot motorcycle to enjoy this spring and summer. "You never know what time you have left. I have to make the most of what I've got," he said. "Part of me wanted to check out, but the staff [at the Regional Cancer Center] was absolutely fantastic. I can't praise them enough."

Tina added, "I know if he didn't go to the Regional Cancer Center, he wouldn't be here today. They saved my dad's life."



Jerry's daughter Tina and son Jerry Jr., with him and Barbara, enjoying his slingshot vehicle.



For more information about the SBL Regional Cancer Center, call **217-258-2250**.



From Powering Through to Taking *Charge*

Steve Tordoff Sr. is grateful to The Heart Center for health and education.

Until recently, Steve Tordoff Sr. did what most people of his generation did when they were hurt: power through it.

A nagging pain here or there never stopped the 67-year-old from doing what he needed to, so chest pain wasn't going to stop him from completing a move from Pekin to Mattoon, where he went to be closer to family. While mowing the lawn a month later, however, Steve quickly became fatigued and felt weak, forcing him to stop. As much as he wanted to "power through it," he said, he realized that he needed to seek medical attention.

Steve didn't know it when he visited the SBL Mattoon Walk-In Clinic, but he was suffering a heart attack. That's where he received the news and the directive to go to the hospital. In one last effort to "power through it," Steve drove himself to the SBL Emergency Department. "I figured that I'd driven myself that far already, so a short drive to the hospital wasn't a big deal," he said. "But if I have another heart attack in the future, I'll just call the ambulance."

“This hospital and the staff have been a blessing. The Heart Center staff is very professional, and I am very grateful to them.”

—Steve Tordoff Sr.

That medical scare kickstarted Steve's journey to recovery and to gaining a better understanding of his heart health. The heart attack caught him off guard. In fact, Steve learned that the chest pain he had experienced a month earlier had also been a heart attack.

After receiving initial treatment in the Emergency Department, Steve had a stent placed in one of his severely blocked arteries the next morning. Thereafter, he completed the cardiac rehabilitation program offered through Monitored Exercise Testing Services (METs). Steve thought he was good to go, but this spring, he needed another stent placed, and in June, he again completed cardiac rehab.

Interventional Cardiologist Dean Katsamakias, DO, treated Steve during his initial visits to SBL last year. Since March, Steve has seen Cardiologist Michael LaMonto, DO. Between both doctors and the nursing staff, Steve said his experience at The Heart Center at SBL has been excellent. “This hospital and the staff have been a blessing,” he said. “The Heart Center staff is very professional, and I am very grateful to them.”

Through the METs program, Steve built his strength to the point where he can do light work around his house. He joked that even though he won't be replacing the roof on his house anytime

soon, he is able to handle gardening duties and light carpentry.

Steve believes his heart attacks were caused by a combination of factors. Because both his grandfather and father had heart issues, Steve thinks genetics played a part. He also believes the overwhelming stress of moving to Mattoon compounded the blockage in his arteries.

His new goal is simple: to make it to age 72. “Both my grandfather and my father died at 72,” he explained. “I'm 67 now, so if I can live to be 72 years old, I'll be happy.”

A whirlwind two-month period of moving to Mattoon and undergoing surgery to recover from two heart attacks gave Steve clarity on his heart health. Now he knows how to accept his limitations and also specific diet and exercise practices to keep his heart healthy. “I can't just ‘power through it’ anymore,” he said. “I'm more aware of what I can do, and I won't ignore the elephant-sized pain in my chest next time.”





Reclaiming *Independence*

Sara Niebrugge's knee replacement enabled her to embrace life again.

Sara Niebrugge loves her large family and adores her great-nieces and nephews. She looks forward to family gatherings and the opportunity to play with the kids. But as the pain in her knee grew to debilitating levels, her world shrank around her. She was no longer able to enjoy time with her family the way she wanted to.

Sara's sister, Mary Dust, explained that Sara had injured her knee when she fell. She also suffered with arthritis and a large bone spur on her left knee. Arthritis in the joints is very common in people with Down Syndrome, even in people as young as Sara, age 52.

Sara's niece, Emily Parker, a nurse for SBL Orthopedic Surgeon Eric Brewer, DO, recommended that Sara be evaluated by him. Dr. Brewer started conservatively by providing steroid injections into the knee to reduce Sara's

pain, but Mary explained, “She was moving less and less all the time. She couldn’t navigate stairs and she could hardly walk. She was just in so much pain that we had to do something more.”

The solution was a knee replacement on June 21, 2022. “We wanted her back on her feet before the fall holidays,” Mary said. “Sara did really well with the surgery, staying in the hospital for three days and then going to Lakeland Rehabilitation in Effingham for 21 days. That extra care was key for us to have that extra support system. Sara worked hard to regain her strength and mobility.” The surgery provided her with instant relief.

Mary felt that the surgery went better than she expected, and the critical piece was having a recovery plan. “Dr. Brewer and my daughter, Emily, got on board with a post-care plan. For me, the surgery was one thing [to get through], but how we were going to care for her afterward was just as important. We were really lucky that Dr. Brewer understood our needs and had a plan in place.

At the time, Sara lived with her mother and worked at Community Support Systems in Teutopolis. She returned home to help care for her mom, work in the family’s garden center, The Flower Patch, and help package items for Operation Christmas Child. But when her mom passed away in January, Sara was uprooted and grieved deeply.

She went to stay with Mary and her husband, Paul, who had converted their downstairs into an apartment for her. Sara spends weekends with her brother, Alan Niebrugge and his wife, Linda. She also enjoys spending time with her sister and brother-in-law, Pat and Keith Willenborg.

Sara continues to exercise by walking the dog and by taking leisurely walks to the end of the long driveway,



Sara with her sister, Mary Dust

and she is the first to jump at the chance to play with young children when they visit.

Community Support Systems keeps her busy most days, but when she’s not working, she enjoys singing karaoke and dancing. Mary explained, “When our mom was alive, Sara spent most of her free time at home with her, helping Mom around the house, but now Sara’s on the go with Community Integration Services Program. She’s been to a St. Louis Cardinals game, the city’s aquarium, and the St. Louis Zoo; she’s been bowling, and she’s been to both Beachy’s and Yoder’s Kitchen in Arthur. The group always has something fun planned, and Sara really enjoys the activities.”

Mary continued, “She could never have done all those things without the knee replacement surgery. She’s able to walk on stairs now, and that opened a world of possibilities to her. She’s living more independently, and she’s loving it.”

“I used to call her Myrtle because she walked so slow, but I can’t do that anymore,” Mary said with a chuckle. “Sara has recovered incredibly well and regained her mobility and range of motion, more than most people. We’re really grateful for Dr. Brewer and for the surgery and the staff at Sarah Bush Lincoln. The team was fantastic. When you have a special needs person, not everyone is totally comfortable with that, but I think everyone was a rock star in caring for her. It has turned Sara’s life around.”



For more information or to make an appointment at Orthopedics & Sports Medicine in Mattoon, call **217 238-3435** or SBL Bonutti Clinic in Effingham at **217 342-3400**.

SBL Welcomes New Providers



Megan Murphy-Gass, PA-C Neurology

Personal experiences inspired Physician Assistant Megan Murphy-Gass, PA-C, to pursue neurology and to help people with nervous system illnesses. More recent experiences fuel Murphy-Gass's passion to help people at the SBL Neurology Clinic manage chronic nerve issues.

Her interest in medicine was piqued when she was 11 years old, after her father was severely burned in an accident. "That opened my eyes to the medicine and treatments available that can save someone's life," she said. "I knew I wanted to pursue the medical field, because I wanted to provide that care for someone else."

Most of her father's body suffered third-degree burns, and she helped provide wound care for him at home. Even at a young age, she researched burn care and nerve damage because his nervous system was affected. Caring for her father was her first dive into neurological care, but experiences with her grandparents, who suffered from Alzheimer's Disease, also inspired Murphy-Gass.

Those interactions led her to write her Master's Degree thesis on Alzheimer's Disease, and it solidified her interest in neurology. "Most people are affected in some way by a neurologic illness; the illnesses are just so widespread and chronic," she explained. "Your brain and nerves touch every part of your body, so I help people manage neurologic illnesses as well as I possibly can."

Murphy-Gass is married to SBL Dentist Cody Gass, DMD, and they have five children. One of their children suffers from seizures, so neurologic care is crucial at home, as well. "I love being with a patient every step of their treatment and walking that path with them," she said. "Being there for them is something I look forward to."

Murphy-Gass grew up in Atwood and previously practiced there, so she understands the importance of providing accessible care to everyone, and she appreciates how SBL does that. "Making long drives to see providers isn't always feasible, so it's important to me that I make sure that people who need care receive care," she said.



Debbie Murray, APRN General Surgery

Advance Practice Nurse Debbie Murray, APRN, recently joined the SBL Surgery Clinic, where she provides post-operative care and performs in-office procedures including draining abscesses and excising cysts and lipomas. "I've been at Sarah Bush Lincoln for almost 17 years, and it's been amazing seeing all the growth here and in myself," she said.

Before graduating from college, Murray interned at SBL, and she loved the experience. There after, she joined the SBL Critical Care Unit as a nurse. Murray later moved to inpatient wound care and infection



To schedule an appointment with Murphy-Gass, call **217-258-4096**. The SBL Neurology Clinic is located at the Health Center in Suite 107, near Entrance F.

Kendal Buter, PA-C

Orthopedics

When Kendal Buter's mom had cancer during his fifth-grade year, it changed the trajectory of his life.

"My mom's cancer opened my eyes to a career in medicine. It made me realize how much I wanted to be in medicine — on the front lines helping people," Buter said. Buter is a certified physician assistant working in SBL Orthopedic & Sports Medicine with Orthopedic Surgeon Lou Mendella, DO.

While Buter and his two brothers played most sports while growing up in Toledo, after a year of playing football at Eastern Illinois University, he knew his future wasn't in his beloved sport. "I went into pre-med. I definitely knew I wanted to work in medicine, maybe as a practitioner or as a pharmacist." He transferred to Franklin College in Franklin, Ind. "It was a better route for me to get into medicine," he added. Buter earned his Master's Degree in Physician Assistant Studies at Trevecca Nazarene University in Nashville, Tenn.

During his final year of school, he completed his clinical rotations which included orthopedics. He found it to be a perfect blend of his love of sports and helping people through medicine. Following graduation, Buter spent two years working in a busy sports orthopedic urgent care center, which prepared him for his new role in SBL Orthopedics & Sports Medicine.

"I get the most joy from just helping people," Buter said. "It's challenging in medicine, but I find it very rewarding to support people during the hard times— being that caring voice during that time."

"While growing up and playing a lot of sports, I saw a variety of injuries. There's no athlete that enjoys being sidelined because

of an injury, and I want to be there to help them get back in the game," he said. Buter also enjoys working with adults who have joint issues. "It's not enjoyable to be in pain every time someone stands up or walks across a room. I'm hoping to offer help to those people too."

Buter has been with Sarah Bush Lincoln for nearly two years, working in the Emergency Department and as a hospitalist (caring for the hospitalized). "Coming here has given me the opportunity to grow as an advanced practice provider. People come into the ER and they are very sick. I thought that wouldn't be the case in a smaller, rural area. My experiences have taught me to be a thorough provider," he said.

Buter's new position is a dream job for him. He sees Dr. Mendella's patients pre- and post-operatively, and he has his own patients as well.

Buter and his wife are pleased to have returned "home" after living in Indianapolis and Nashville. "Our kids will grow up near family, including both sets of grandparents," he said. "Being close to family is immensely important to me and my wife, Hannah."



prevention, and then, she moved to the Advanced Wound Center where she stayed for 10 years.

Through it all, she has been committed to her patients and to developing her nursing skills to become a nurse practitioner. She attributes her success and advancement to her co-workers. "I've been so lucky to work with very encouraging people," she said. "It's been an amazing journey."

Murray has developed crucial bedside skills that cannot be taught in classrooms; trust is one of them. "Building relationships with patients is one of the best things about being a nurse and nurse practitioner," Murray said. "When they call and say, 'I want to see Debbie,' you've built that trust, and you know that you did your job well."

Murray has seen patients in the Surgery Clinic whom she treated in the ICU or the Advanced Wound Center. "It's great," she said. "We had that connection already, which is what it's all about."

She holds a Wound, Ostomy and Incontinence certification, which enables her to help people who have pouching problems or skin irritations plus those who need help ordering products.



For more information or to make an appointment with Kendal Buter call SBL Orthopedics & Sports Medicine, call **217 238-3435**.

SBL Charleston Family Practice

Welcomes New Pediatricians



Sanjay Garg, MD Pediatrics

circumstances, I make sure the child is comfortable before doing anything else.”

Helping children recover from their ailments is the ultimate gratification for Dr. Garg. “If a child is crying when I meet them and I can make them happy by the time they leave, then it’s such a great feeling for me,” he said. When deciding on a specialty, Dr. Garg pursued pediatrics because he found it heartwarming to see children’s smiles once they were feeling better.

Dr. Garg is happy to be a part of the Sarah Bush Lincoln community and has enjoyed meeting area families. He and his wife, Pediatrician Seema Garg, MD, have two daughters. They plan to get as involved in the community as possible.

Pediatrician Sanjay Garg, MD, recognizes that providing superior pediatric care requires excellent communication with his patients and their parents. For 25 years, he has honed his communication and diagnostic skills and, in June, he began using them to care for patients at SBL Charleston Family Practice.

Communicating well with parents is crucial, because they provide their children’s health histories and also the at-home care, regardless of their children’s ages. “Oftentimes, the children don’t really comprehend what you’re saying, and the parents are the ones making the decisions,” he said. “I have to make sure the parents trust me.”

He continued, “Especially with younger kids, I can only get information from them through an examination, not a [verbal] health history. If the child isn’t comfortable, then I cannot get the information I need. Under all



Use your cell phone camera to scan this code to visit [sarahbush.org](https://www.sarahbush.org).

Use our “Walk-In Clinic Wait Time” feature at the top of the page for current wait estimates at each of our walk-in clinic locations.**

Seema Garg, MD

Pediatrics

“In seventh grade, I wrote my career paper on becoming a physician, and after that I was determined to make it a reality,” explained Pediatrician Seema Garg, MD, who recently joined the medical staff of SBL Charleston Family Practice.

At the time, Dr. Garg often cared for her younger sibling, babysat and loved studying the sciences, so it made sense to her that she would combine her interests and her desire to help others to pursue a career in medicine.

Today, increased rates of obesity, bullying, depression and other adversities mean that caring for children requires excellent communication and lots of education. “Preventive care has changed in pediatrics in the last 10 years,” she said. “It’s different from when I was growing up. I know children will face those stressors in their lives, but if they have the tools to handle those issues, then I’ve done my job.”

Dr. Garg prides herself on her ability to connect with children and their parents. She talks with the parents for context about their children’s medical histories, and she speaks directly with the children to understand what they are feeling. By listening to both the children and the parents, she is able to form a better picture of the situation.

“I believe listening to the families and not rushing to diagnoses is the best approach,” she explained. “The further along we get in conversation, the more I can anticipate what is needed for the children.” This allows Dr. Garg to create specialized and effective treatment plans.



Dr. Garg and her husband Sanjay Garg, MD, who is also a pediatrician, live in Charleston and they have two daughters. The family is excited to continue to meeting new families in the community.



To schedule an appointment with Pediatricians Sanjay Garg, MD, or Seema Garg, MD, call SBL Charleston Family Practice at **217 345-7700**.



Sarah Bush Lincoln Walk-In Clinics

No appointments.

7 am – 7 pm / Monday through Friday
8 am – 3 pm / Saturday and Sunday*



MATTOON

200 Detro Drive
217-238-3000



CHARLESTON

2040 Lincoln Ave.
just east of IL Route 130
217-345-2030



EFFINGHAM

1303 West Evergreen
SBL Bonutti Clinic, Entrance B
217-540-6123



TUSCOLA

1100 Tuscola Blvd.
217-253-4764



VANDALIA

1442 N. 8th St., Suite C
618 283-0266

*This location is open 9 am to 4 pm
on Saturday and Sunday.
**Wait time feature not available for this location.

Sarah Bush Lincoln

Welcomes



Jeff Jenson, MD Family Physician

As a kid, Family Physician Jeff Jenson, MD, moved around. His family lived in Ohio, Michigan, Indiana and then Effingham, where Dr. Jenson graduated high school and met his wife, Michele Wines.

Following his graduation from University of Illinois, Rockford Medical School, the couple re-established their roots in Effingham. "I grew up moving around, living in communities of all sizes. I prefer smaller towns and getting out into nature when I'm not working. There are a lot of amenities here and the schools are great for our kids. This is my home," Dr. Jenson said. His parents moved back to the community, as well.

As a Sarah Bush Lincoln staff member, Dr. Jenson spends three days a week at SBL Fayette County Hospital Family Medical Center in Vandalia, one day a week at SBL Neoga Clinic and a half a day in the SBL Advanced Wound Center in Mattoon.

While Dr. Jenson has been practicing in group practices in Effingham since 2005, he is pleased to transition to Sarah Bush Lincoln. "I have enjoyed practicing all these years, but the world of medicine continues to change, and making this move provided me with the best options to continue to practice medicine in the Effingham area," he noted.

"I love the variety that my practice provides. Every day is different, and most mornings are different than the afternoons. Plus, I am able to participate in my patients' life events."

Early in his career, Dr. Jenson delivered babies. He has watched those kids graduate from high school, and he has witnessed some of his patients grow into adulthood and have children of their own. Now he cares for those children's children. "I really like taking care of children. They are fun to interact with, and they make for a great day," he explained. "They recharge my batteries."

Dr. Jenson also has a special interest in treating asthma and allergies, which stems from his personal experiences with both. "How we treat asthma is so different than how it was treated years ago. I can help people with new treatments, and they have dramatic symptom relief," he said. "I treat most of it in my office but, at times, I get specialists involved."

Dr. Jenson thrives on challenges, interacting with people and the variety of medicine he practices; those are the reasons he became a doctor almost two decades ago. His desire to learn brought him to wound care. "It is so gratifying to help heal people's wounds. When we see patients, they have often suffered for quite some time," he said. "I provide a level of care through the Advanced Wound Center that's not available in my own office. We see patients weekly for several months and get to know them very well. I enjoy being a part of patients' lives."

Building relationships is important, as it helps Dr. Jenson support his patients when they are facing difficult health issues. "When they are scared and they hurt, it's nice to know we can give them a level of care that's possible because of that relationship," he said.

Dr. Jenson and Michele have four children, ages, 19 to 8. They enjoy visiting national parks and exploring nature by camping, hiking and canoeing.



For more information, or to make an appointment with Dr. Jenson, call **618 283-5136**. The SBL Neoga Clinic is located at 650 Oak Ave in Neoga, and SBL FCH Family Medical Center is located at 825 New York Dr. in Vandalia.

Courses, Classes and Support Groups

Wellness

Center for Healthy Living

A medical center through which participants receive a custom-designed exercise and lifestyle program to manage chronic illnesses. Provider referral is required.

■ 217 238-3488

This program is funded in part by WomenConnected, a women's giving circle within the SBL Health Foundation.

First Aid for Emergencies; Adult and Pediatric CPR

Instructors certified by the American Heart Association. Scheduled periodically, \$50 fee for each class.

■ Dillon Kircher, 217 258-2403

Hearing Aid Services

Offered at Sarah Bush Lincoln and SBL Effingham Clinic. 217 258-2568

Living with Diabetes

This program is for people with diabetes and focuses on managing it through nutrition and exercise.

■ Paula Enstrom, RN, 217 238-4808

Pulmonary Rehabilitation

This program is for people with COPD, Pulmonary Fibrosis and other respiratory conditions.

■ 11 am, 12:30 pm, 2 pm every Tues. and Thurs. in the METS department.

■ Cathy Matheny, RTT, 217 238-4973

Financial Assistance

Affordable Care Act

Certified Application Counselors are available to help with Marketplace enrollment in the following counties: Coles, Clark, Cumberland, Douglas, Edgar, Effingham, Jasper, Moultrie and Shelby.

■ 217 238-4994

Financial Assistance

If you have any questions about the SBL Financial Assistance Program, please call Patient Financial Services between 8 am and 4:30 pm, Mon. through Fri.

■ 1-800-381-0040

■ Forms may be downloaded from www.sarahbush.org

Prepared Childbirth

Oh, Baby! Prenatal Education

Oh, Baby! offers a variety of comprehensive prenatal and infant care educational classes to help expectant and new parents and their babies get off to a great start. Preregistration is required. Please check the website for the most current class schedule. Some classes have a fee.

Financial assistance is available.

■ Allison Masse, RN, IBCLC, ICCE, 217 258-2229

■ sarahbush.org/ohbaby

Support Groups

Bariatric Support Group

- 6 to 7 pm, third Tues. of the month
- SBL Center for Healthy Living Meeting Room
- 217 238-4961
- Zoom option available

Diabetic Support Group

- 7 pm, second Tues. of the month in March, June, Sept. and Dec. at SBL
- Cindy Foster, RD, certified diabetic educator, 217 258-2135

Ostomy Support Group

- Evening meetings four times a year in Mattoon and Effingham. Call for dates, times and locations.
- Jenna Vogel, APRN, CWOCN, 217 238-4804

Grief Support Group

A support group open to anyone who has lost a loved one.

- 7 to 8:30 pm, first Wed. of each month
- Prairie Pavilion 2
- SBL Hospice, 1-800-454-4055



Welcome back

Lori Cudone, MD

Otolaryngology

Dr. Cudone has returned to the SBL ENT Clinic. She is happy to welcome returning and new patients. She cares for children and adults with health issues of the ears, nose and throat.



SBL ENT Clinic

1000 Health Center Drive, Suite 401

217 258-2409

Sarah Bush Lincoln

1000 Health Center Drive
PO Box 372
Mattoon, Illinois 61938-0372



Printed on recycled paper.



cutting-edge technology

Robotics program

personalized procedures

faster recovery times

Sarah Bush Lincoln is investing in a robotics program to assist surgeons and enhance quality.

Robotic surgery has many advantages for appropriate patients, including smaller incisions and reduced recovery times. The da Vinci surgical system gives the skilled surgeon 100 percent control of the robotic-assisted system, which translates his or her hand movements into smaller, more precise movements of tiny instruments inside the patient's body.

Sarah Bush Lincoln orthopedic surgeons have access to a Stryker MAKO and the Zimmer ROSA for total knee and hip replacement operations. This innovative robotic technology allows orthopedic surgeons to personalize total knee, partial knee and total hip replacement procedures to each patient.

Ask your surgeon about the technology.