

Sarah Bush Lincoln

Health *styles*

FAST TO ACTION

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A SCARY SHUTDOWN

Peggy Reynolds is grateful for the dialysis provided during her hospital stay.

CHANGING HER LIFESTYLE

Candi Elmore fights diabetes with new diet, exercise and knowledge.



NORTHERN EDITION

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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.

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June 9, 2023



Meadowview Golf Course

34th Annual
Sarah Bush Lincoln

GOLF BENEFIT

Net proceeds support SBL Behavioral Health Services.

For more information, contact the SBL Health Foundation at
217 258-2511 or **klockart@sblhs.org**.



Special *Delivery*



The SBL Women & Children's Center provides a safe and secure birthing experience.

At Sarah Bush Lincoln, becoming parents is a special time. Whether you're first timers or fourth timers, every delivery in the Women & Children's Center is handled in the most caring manor, so parents feel they are the staff's only concern.

Sarah Bush Lincoln's Women & Children's Center is recognized in the top 10 percent of hospitals nationwide by Women's Choice Awards and Health Grades, which includes C-section delivery, vaginal delivery, hysterectomy and gynecologic procedures. The recognition is based on nationally reported clinical outcomes and patient experience. The Center has been a high performer for many years, with patient experience in the 90th percentile nationally as rated by Press Ganey, an independent rating group.

The safety and security of our patients is a top priority. The Center is a secured unit with admittance to only the people new moms provide their personalized security code or have an ID badge. As employees enter the patient's room, their ID badge appears on a screen in the room so the patient knows who is in the room and their roles. All labor and delivery rooms are private.

Additionally, the Center uses an innovative Infant Safety System that allows SBL to capture high resolution newborn footprints which is sent to data bases and can be used for precise identification.

Sarah Bush Lincoln offers a variety of Oh, Baby! comprehensive prenatal and infant care educational classes to help expectant and new parents and their babies start off strong. Support is available to parents long after coming home.



For more information about The Women & Children's Center, please call **217 258-2297**.



Fast to *Action*

Jeff Collings believes the Sarah Bush Lincoln Heart to Heart program saved his life.

Jeff had never shown symptoms of cardiac issues, so he never suspected anything was wrong with his heart. Yet in April 2020, he made the most important decision of his life: attending the Heart to Heart screening.

At the time, one of Jeff's friends had a cardiovascular issue that required a hospital stay. Jeff, now 59, decided he should also get a screening. "The staff called me the next day and said they didn't like my numbers," Jeff recalled.

Jeff did a follow-up stress test and, once again, the results weren't favorable. SBL Cardiologist Michael LaMonto, DO, told Jeff that he would likely need a stent to help improve his heart health. Jeff and his family couldn't imagine what was coming next.

“I like the quote on the pamphlet, ‘Screening and peace of mind.’ It’s 45 minutes to an hour to save your life.”

—Jeff Collings

Jeff’s procedure to have a stent placed happened during the initial wave of the COVID-19 pandemic, which prevented his wife, Tracy, from entering the hospital. Both Tracy and Jeff said that added to the stress of the situation.

As soon as the procedure started, it ended. “They started, and pretty quickly they told me, ‘You need open heart surgery,’” Jeff said. Tracy said she was waiting for the call to pick up Jeff and when the call came early, she asked what the situation was. She was in disbelief. “They told me he needed the surgery,” Tracy explained. “When people talk about an out-of-body experience, that was me.”

Dr. LaMonto referred Jeff to St. John’s Hospital in Springfield, where he underwent quadruple bypass surgery. The time span between Jeff’s Heart to Heart screening and his discharge after the surgery was just two weeks. “It was so quick that I didn’t really think about it too much, which was a good thing, I guess,” he said.

Tracy added that they didn’t realize how serious Jeff’s situation was until they met with the surgeon the day before the surgery. Of course, that made the night prior to surgery and the morning of the procedure even more stressful. “The thing I remember most that morning was leaving the house thinking, ‘Will you ever see this house again?’” Jeff said. “That was tough.”

The surgery went well, and three days later, Jeff returned home. To aid his recovery, Jeff enrolled in the SBL Monitored Exercise Testing Services (METS) program, which helps people who have heart disease, lung disease or diabetes strengthen their hearts and lungs to improve their health. Jeff said

the METS program was an important part of his recovery, and he is thankful that was available for him.

Heart to Heart so impacted Jeff that he was inspired to have his entire family screened: Tracy, the couple’s three children and extended family members. The screening revealed that Tracy has Sarcoidosis, a condition in which the immune system overreacts and makes lumps in parts of the body.

Tracy’s lungs are affected by Sarcoidosis, but luckily, she has not had any major side effects. While she does not need to take medication, she has a check-up every six months to assess disease progression.

For both Jeff and Tracy, the important— and scary— element of their stories is that neither showed any symptom of their disease processes. Jeff was told that had he not acted when he did, the only sign he would have had of his heart disease was a heart attack.

Now Jeff and his family spread the word about the Heart to Heart program. He even passes out pamphlets about it. “I like the quote on the pamphlet, ‘Screening and peace of mind.’ It’s 45 minutes to an hour to save your life,” Jeff said.

“My recommendation is everyone should have this done,” Tracy added.



For more information about The Heart Center, please call **217 238-4960**.
To schedule a Heart to Heart screening, call **217-258-2238**.



Letting the Wind *Blow*

Retiree makes the most of life, thanks to the SBL Pulmonary Rehabilitation program.

Ron Fleenor has worked with his hands his entire life. He tends to the two acres where he and his wife, Nancy, live. He toils away in his workshop, creating furniture for their home and child-sized tables for their grandkids. Prior to his retirement, Ron worked for 42 years as a pressman at R.R. Donnelley & Sons in Mattoon.

He was squeezing every ounce of enjoyment from his retirement years— until he wasn't. "I was getting short of breath, while doing the things I'd always done. I blamed it on being overweight, but it got worse in 2020," Ron said. In fact,

it got so bad that he couldn't get out of his chair. Nancy called an ambulance, and in the Sarah Bush Lincoln Emergency Department, he was diagnosed with double pneumonia, emphysema and fibrosis.

The 76-year-old wasn't too surprised by the diagnoses. "I smoked for about 40 years, but I'd quit 20 years ago. I've also worked around chemicals and paper and wood dust most of my life, and I didn't take the precautions I should have taken, like wearing a protective mask," he explained.

While hospitalized, Ron was on oxygen 24 hours a day and couldn't leave the hospital until he was down to 6 milliliters of oxygen. Once discharged, SBL Home Care looked after him. Next, Ron began attending

Pulmonary Rehabilitation classes through SBL METS (Monitored Exercise Testing Services) in 2021. The program combines exercise and education so participants can learn more about maintaining and improving their health and lung capacity.

Ron said, “It helped me immensely. Each day the staff took my vitals, and we all exercised at our own paces. I was fat. I was pushing 200 pounds. But while we exercised, we learned about breathing and diet and living with reduced lung capacity. I’m never going to regain my full lung capacity, but I have learned how to make the most of what I have. My goal is to not lose any more function.” Nancy, who leads a holistic lifestyle, helped Ron make incremental changes in his diet.

While he has graduated from the Pulmonary Rehab program, Ron continues to attend a few days a week to help him stay on target, and he works out on the treadmill and uses the exercise equipment at the YMCA near his home in rural Toledo. He leaves an oxygen tank there, in case he needs it while exercising.

Ron received the best news possible. After two years, there was no change in his lung capacity, which was described as severely damaged. “I’ve made some friends in class, and even go to dinner together occasionally. We all have similar health issues and that helps form camaraderie. One of the men I work out with was stationed in the same place I was in Vietnam. I didn’t know him then though.”

Despite Ron’s lung health, he maintains an active lifestyle, taking care of their acreage and continuing his woodworking. “When it’s nice outside, I will move my woodworking out of the shop, so the wind blows the dust away,” he said. Ron also enjoys the country lane that he and Nancy live on, and he walks it a couple of miles at a time. Ron is determined to keep moving and breathing for as long as he can.



“It helped me immensely. Each day the staff took my vitals, and we all exercised at our own paces.”

—Ron Fleenor



Pulmonary Rehabilitation
Therapy Coordinator
Cathy Matheny, RRT



For more information about Pulmonary Rehabilitation classes offered through METS, call **217 238-4973**.



A Scary Shutdown

Peggy Reynolds is grateful for the dialysis provided during her hospital stay.

Gays resident Peggy Reynolds can't recall much of a two-week hospitalization at Sarah Bush Lincoln.

Reflecting on the day she got sick, Peggy said, "This is all I remember: I didn't know what I was talking about. I didn't know what was coming out of my mouth." Phone conversations she attempted were jumbled, and she felt queasy. When her husband, Gary, and daughter, Kyndall Fulk, got home from work, they knew right away that Peggy needed urgent medical attention.

“It was terrifying. She just wasn’t herself,” Kyndall recalled. “She couldn’t even remember my dog’s name, and I’ve had my dog for four years now.”

The SBL Emergency Room staff discovered that Peggy’s kidneys had shut down. Peggy, who had had four knee surgeries, was recovering from a knee replacement, so it is believed that the kidney failure resulted from an infection. Peggy also had an allergic reaction to the medications she was taking, and that added to her queasiness and deliriousness.

The SBL Nephrology team started dialysis treatments to save her. “The dialysis treatments immediately helped her, and that was such a relief to see,” Gary said. SBL staff also prescribed different antibiotics to Peggy.

While the dialysis treatments helped, Peggy still was not thinking clearly. In fact, during the first few days Peggy was hospitalized, she didn’t recognize her family.

“She couldn’t sit up by herself, and she couldn’t get out of bed,” Kyndall explained. “They tried to get some physical therapy started because of her knee, but she wasn’t responding to anyone. It was scary and sad.”

During the days when Peggy couldn’t respond for herself, Gary and Kyndall became Peggy’s voice. “It was probably one of the scariest things I’ve ever been through,” he added.

Peggy is eternally grateful that her husband and daughter were there to support her. “If they weren’t there, I don’t think I’d be here right now,” she said.

In total, Peggy received five rounds of inpatient kidney dialysis. As her stay continued, she became more cognizant of where she was and what was

happening. Gary and Kyndall are very grateful for the support of the SBL staff.

Procedural Services Director Alex Boyer, RN, coordinates dialysis treatments. She continually checked on Peggy while she was hospitalized, and she continues to do so. Kyndall said that everyone in Nephrology and all the nurses who cared for Peggy were amazing. Nurses Lindsay Winkleblack and Lana Keigley were stand-outs.

Five months post-event, Peggy still gets emotional thinking about the situation. “I was scared. I was embarrassed. And I felt like I had lost my family,” she recalled. Kyndall and Gary were relieved when Peggy was discharged from Sarah Bush Lincoln, because they knew she had recovered fully. Not only were her kidneys better, but her knee had improved too.



RenalCare President and Medical Director Timothy Pflederer, MD, and Procedural Services Director Alex Boyer, RN with a dialysis machine.



For more information about SBL Nephrology services, call **217 238-4960**.

“I am breathing easier, my blood pressure has improved, I can move more easily; I used to use a cane to stand up, but I don’t need it any longer.”

—Candi Elmore

Changing her *Lifestyle*

Candi Elmore fights diabetes with new diet, exercise and knowledge.

Candi and Doug Elmore connected through a chance meeting on a bus. It was 1985, and they were on a choir tour for the United Theological Seminary in Ohio.

“I was out of my seat, standing in the aisle talking to someone, when Doug passed by me to use the restroom. On his way back, I was still there talking, and he said, ‘We have to stop meeting like this,’ and I asked, ‘Why?’” Six weeks later, Doug asked Candi out on their first date. Since then, they have been inseparable.

Fast forward a few decades, and you find Candi at age 71 changing healthcare providers. To gather a fuller picture

of Candi’s health, Candi’s provider ordered baseline blood tests. An A1C blood sugar test revealed diabetes. “I wanted to know all I could know about the disease, so I could manage it better,” she said. While flipping through a Sarah Bush Lincoln publication, the “Living with Diabetes” class caught her eye. She called for more information.

“I talked with Paula Enstrom (program coordinator) at length. She listened and asked in-depth questions about my background and health history. She was very helpful,” Candi explained. She started the program in September, through which Enstrom, a registered nurse, and Cindy Foster, a dietitian, combine diabetic education with exercise and class participation.

“When I started, I began at the lowest possible fitness level: zero. I wasn’t physically fit, yet I worked on the recumbent stepper for 40 minutes,” Candi recalled.

Speaking of herself and her classmates, she said, “We learned about the effects of diabetes on our bodies and how much of which types of food to eat and what to look for on the labels. I definitely increased my knowledge of food and nutrition. I was surprised at how much I enjoyed the class.” Candi attended two times a week and graduated in January.

Her goal is to exercise five to six days a week. She uses the Sullivan Civic Center facilities, including walking in the indoor pool three days a week, plus she uses a stationary bicycle at home. “I do the things I can do, at my fitness level,” she said. Change hasn’t been easy, she conceded. “It’s hard to make changes in the foods you eat. They don’t always taste the same as you’re used to them tasting. But I’ve learned to track my calories and carbohydrates, which is the most important thing for me to do,” she said.

Candi has infused more fruits and vegetables into her diet, and she has slowly replaced wheat flour with almond flour. She also tests her blood before eating rice, noodles and potatoes, and she tests it before and after exercising.

“I am breathing easier, my blood pressure has improved, I can move more easily; I used to use a cane to stand up, but I don’t need it any longer. I am still morbidly obese, but I can now use the bike for more than 25 minutes at level five. I have steadily increased my strength and stamina. Most importantly, I can play with my grandkids,” she said.

“There is no way I could have made all these lifestyle changes on my own, but by attacking this one small bite at a time, I have been able to make changes, and now I feel better.” Candi is working diligently on setting achievable goals. While she has already lost 55 pounds, she has set her sights on losing 10 more pounds in two months. “My next goal is to get my A1C below a pre-diabetic number, so I never have to use insulin,” she said.



Cindy Foster, CDCES, RDN
(above) and Paula Enstrom,
RN (below)



For her early success, Candi credits the support that “Living with Diabetes” offered, plus that which family and friends offered. The Elmore’s son, Paul, is a weightlifter who owns a fitness center. His wife, Crysta, has recently started coaching women. “He’s very proud of what I have achieved, and I am too,” she said.



For more information about Living with Diabetes classes, call Paula Enstrom at **217 238-4808** or Cindy Foster at **217 258-2199**.

Sarah Bush Lincoln Cardiology

Welcomes



Katie O'Halloran, FNP-BC Cardiology

Family Nurse Practitioner Katie O'Halloran, FNP-BC, believes building trust is important when providing healthcare, and her background allows her to do so in an interesting way.

Before O'Halloran started nursing school, she was a psychology major. Since childhood, O'Halloran has wanted to help people, and nursing presented the right opportunity.

As a provider with the Sarah Bush Lincoln Cardiology Clinic, O'Halloran calls on her nursing background to help people with cardiovascular illnesses. She also relies on her early psychology experience to provide excellent care. "I think somebody's psychological state and how it affects their health is intertwined in every disease process, in every medical specialty," O'Halloran explained. "My psychology studies helped me understand individuals and what they're going through."

O'Halloran's transition to nursing was smooth because her aunt, a director of nursing and a big influence in O'Halloran's life, helped her through the process. O'Halloran became a registered nurse and worked with advanced heart failure and heart transplant patients. During that time, she knew she wanted to continue her education.

In 2020, O'Halloran graduated with her nurse practitioner degree, specializing as a family nurse practitioner and helping— at a higher level— people with advanced heart and lung failure. "All of my experiences were learning moments for me," she said.

Until recently, O'Halloran had spent most of her professional career in an urban environment. She likes that SBL gives people in smaller communities greater access to quality healthcare, and she looks forward to connecting with residents and caring for them. "Sometimes medical personnel have an understanding [of an illness] that hasn't yet reached the patient, and I want to bridge that gap," she said.

At SBL, O'Halloran looks forward to helping people who are in their first stages of a health issue. Having treated patients at the end of heart and lung failure, she sees value in disease prevention, treating the causes that lead to heart failure, such as hypertension.

Monica Scott, APRN

Cardiology

Advanced Practice Nurse Monica Scott, APRN, has a passion for cardiology that dates back to high school. Recalling her grandparents' heart disease and bypass surgeries, she said, "We spent a couple Fourth of July holidays at the hospital while they were recovering from heart surgeries. I felt a need to learn more about it — for example, their health needs and what I could do to help."

After working as a registered nurse, Scott became a certified nurse practitioner to care for and provide education to people with cardiovascular issues. She recently joined the Sarah Bush Lincoln Cardiology Clinic at The Heart Center.

It was a health occupations class in high school that inspired Scott to pursue a nursing career, and it was caring for her grandparents after their surgeries that led Scott to cardiology. A residency in a cardiology unit confirmed her choice. Scott reflected, "I told them I didn't want to go anywhere else, and they said, 'You have to, as part of your residency.' I did get to experience other specialties, but I always loved my time spent in cardiology."

The Effingham native has a diverse background that guides her in her care. After graduating from Southern Illinois University-Edwardsville, she's worked in both rural and urban healthcare environments. Most recently, she worked in a rural setting, and she believes that experience will be extremely helpful in her new role.

"I think it's really important to have a background in rural health, especially in cardiology," Scott said. "You often have to travel a long distance to see your specialist, so it's nice to offer cardiology services here, where people don't have to travel far for their care."



Scott's goal is to treat her patients like family. "When they come in the door and they have an issue, I want to approach the issue head-on and get to the root of it," she explained. "If I were the patient, I would want the provider to treat me like family."

Scott is pleased to be with Sarah Bush Lincoln and to be back in East Central Illinois. She is eager to form bonds with her patients and co-workers. "When I worked in other regions, I didn't really know my patients or a lot of the people I worked with," she said. "It will be nice treating people I know and working with people with whom I can be good friends."



To schedule an appointment with O'Halloran or Scott, call the SBL Cardiology Clinic at **217-238-4960**. They are both located in The Heart Center (Entrance H.)

Sarah Bush Lincoln Regional Cancer Center

Welcomes



Kim Sikorski, APRN Oncology

Kim Sikorski's 22-year nursing career at Sarah Bush Lincoln has prepared her for her new role as a hospitalist for people undergoing cancer treatment. She is an advanced practice provider and liaison between hospitalized patients and medical oncologists.

"When people with cancer are hospitalized for other illnesses or surgeries, they often have more concerns. They're concerned about how the treatments will affect their cancer care and how medications may interact with ongoing chemotherapy or immunotherapy. It's my job to make sure their doctors know what's going on and reassure patients in their care," Sikorski explained.

Sikorski believes that her earlier nursing experiences have better prepared her for this new career path. She worked as a bedside nurse on the medical-surgical units, in critical

care, in quality and risk management, and as an extra set of hands when needed in the Regional Cancer Center.

"During my time in the Regional Cancer Center, I saw how amazing its team is and the care it provides. I knew I wanted to do that again someday," she explained.

Once she earned her advanced practice degree, she split her time caring for patients in the Emergency Department and as a hospitalist caring for inpatients.

"I've had some really good experiences. Throughout all my nursing years and the past three years, I've had the opportunity to take care of many oncology patients. I can see when they come into the hospital, there's a lot of anxiety that comes along with it, a lot of unknowns for them," she said. "They don't know what the illness or treatment will do to their treatment regimen, and they want to stay connected to their oncology team. They want their oncology team to know they are hospitalized and have them be involved in their care. I am excited to be in this role and help them stay connected and to contribute to things on this side of their care."

"I'm the one who will see them while they are hospitalized and work collaboratively with their oncologists to keep them abreast of what's going on and make sure it's a seamless transition," she explained. Her experience in the emergency department makes her an excellent resource when the team has oncology or hematology concerns.

"When people find out they may have cancer, they want some reassuring answers and want to know what to expect. I'm able to give that special touch of letting them know their oncologist knows what's going on and will be in touch with them," she said.

Shortly after becoming a nurse, her sister was diagnosed with thyroid cancer. Former SBL Medical Oncologist Ned Hoppin, MD, took the time to answer her questions. When chemotherapy training became available at SBL, Sikorski pursued it. "I just enjoyed learning about oncology and working with the patients. They have so much strength and resiliency that you can gain from them. It's such rewarding work," she added. "I was made to do this."



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

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
- Mindi O'Rourke, RN, 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

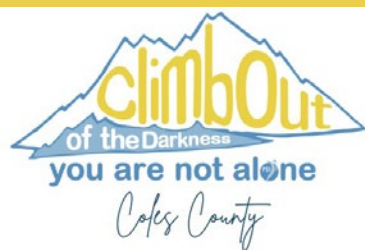
A support group open to anyone who has lost a loved one.

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

Understanding Grief

A free eight-week support group, is available for people who have lost a loved one. When someone you love dies, it can be hard to understand the complex and painful thoughts and feelings you often have. During this eight-week support group, you will explore different ways to help yourself heal.

- 6:30 to 8 pm, Mondays, April 24 - June 19
- Center for Healthy Living, 1004 Health Center Dr. (second floor conference room)
- Call SBL Hospice at 1-800-454-4055 all to reserve a seat or for more information.



Saturday, June 24
9 a.m. | Lake Charleston



Climb out of the Darkness is a free community walk, bringing support and awareness for Perinatal Mood and Anxiety Disorders (PMAD) within our community.

Visit our Facebook group "Climb Out of the Darkness Coles County," for more information.



Left to right: Kathryn Koester, APRN, Kimberley Burgess, APRN, John Opilka, DO, Heather Forsys, APRN, Randi Berg APRN

SBL Altamont Medical Center has moved to its former location

5 E Cumberland Rd
618 483-6151

This team of excellent providers care for people throughout their lifespan. They are welcoming new patients.

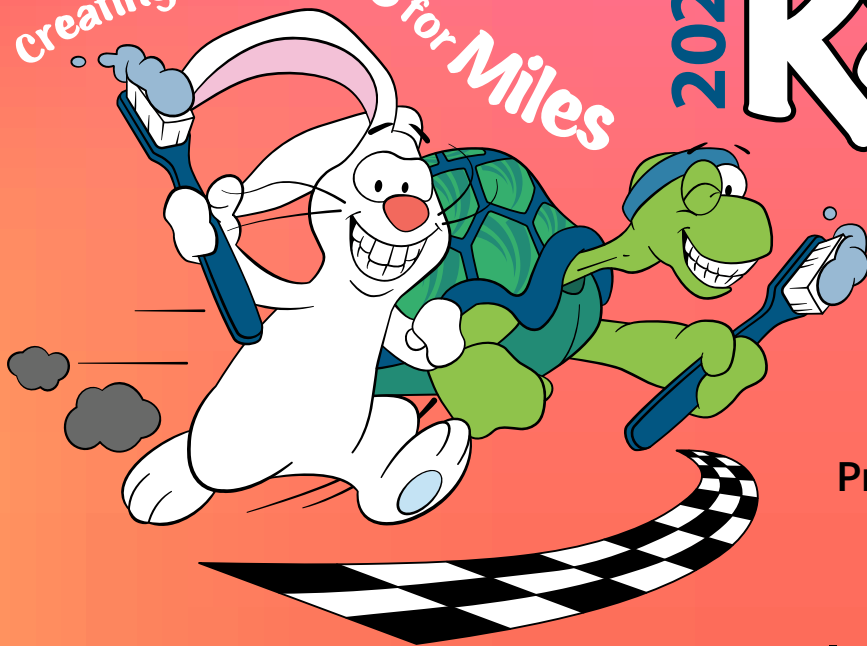
Sarah Bush Lincoln

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



Printed on recycled paper.

Creating Smiles for Miles



2023

Races

for all

Paces

Proceeds from this family friendly event benefit the SBL Dental program.

1 Mile Walk/Run | 5K | 10K
Toddler Trot & Diaper Dash

Saturday, May 13, 2023 | EIU



Register today:
sarahbush.org/races

For more information call
217 345-6828.