

Sarah Bush Lincoln

# Health *styles*

## **NO LONGER SIDELINED**

Kurt Stretch is happy to be back in action after a hand injury nearly severed his dexterity.

## **CLIMBING NEW HEIGHTS**

Physical therapy helps local attorney reach her hiking goal.

## **RINGING IN GOOD HEALTH**

Team of SBL doctors help Martinsville man battle cancer.



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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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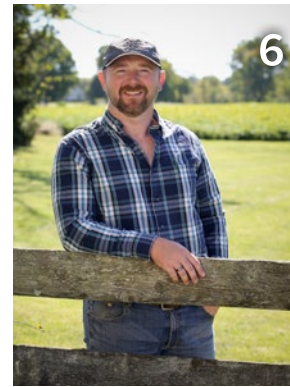
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## A Nights of Lights {And a lot of fun}

1 Night - 3 Local Events  
5 to 7 pm  
Thursday, November 17

### SBL Holiday Light Display Kickoff

- Drive through the lights at the Health Center campus.
- Enjoy photo opportunities at the large displays and inside the large lit ornament
- Enter the Health Center's main lobby at Entrance A for free hot chocolate and cider, packets of magic reindeer food, photos with Santa and Mrs. Clause and our pet therapy dogs.
- Shop our great selection of gifts and holiday décor at the SBL Gift Shop.

The lights at the Health Center will be on through the New Year.

### Mattoon Lightworks Walk-Thru

- Walk through Peterson Park's Lightworks and see the many new displays.
- Enjoy a variety of food trucks.

Lightworks is open November 18 through December 26 for cars only.

### Douglas-Hart Nature Center Cheerful Characters

- Drive by the Douglas-Hart Nature Center to say "hi" to the cheerful holiday characters
- The costumed characters will give you a sweet treat to enjoy on the go.

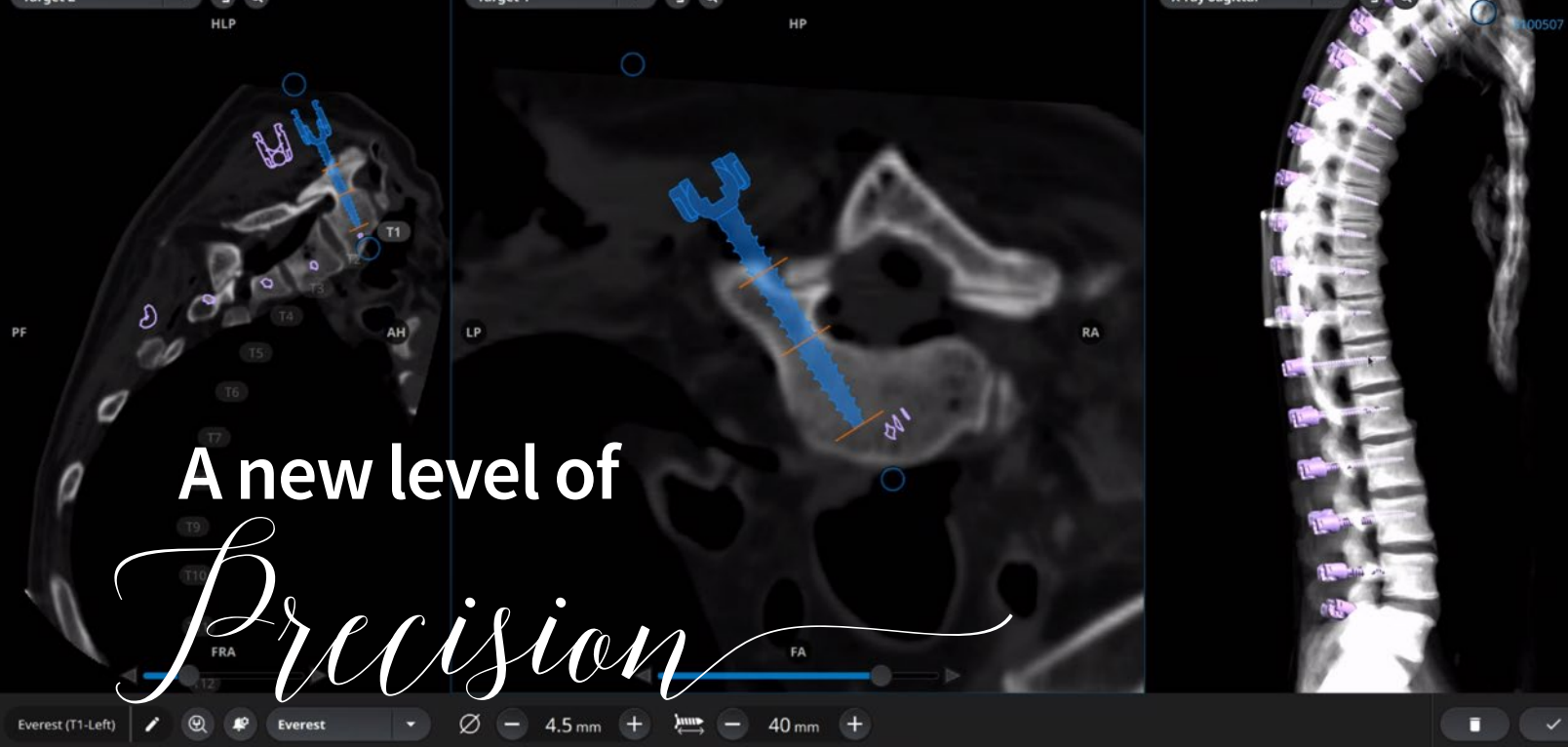
Douglas-Hart Nature Center will also host a Winter Wonderland Walk from 5 to 8 pm Monday, December 12, through Saturday, December 17.

## Are you looking for a new doctor?



Take a picture of this code and follow the link or go to [sarahbush.org](http://sarahbush.org) and click "Make

Appointment" at the top right of the page, to view the providers currently accepting new patients.



## New technology enhances success of spine surgeries.

Spine surgery at Sarah Bush Lincoln has become more precise with the use of a CT-guided spinal navigation system. SBL is the only hospital in Central Illinois and Eastern Indiana with this system.

Sarah Bush Lincoln Neurosurgeon Emilio Nardone, MD, and Orthopedic Spine Surgeon Jesse Butler, MD, are using this equipment.

The Airo TruCT is a 32-slice CT scanner with one of the largest bore openings available to scan patients with ease in the operating room. Once scanned, the surgeon can see a precise 3-D image of the full spine, while the Q-guidance platform maps out a plan and makes recommendations on screw size and hardware placement. The scanner calculates the length and width of the screw, and it allows the surgeon to place the screws virtually, to help the surgeon validate the placement prior to the actual insertion.

An added advantage for patients is that the operation runs more efficiently, so patients may be under anesthesia for shorter periods of time. Following surgery, and before an incision is closed, a low-dose second CT can be performed to validate accurate placement of the hardware.

SBL Vice President of Surgery and Procedural Services Colt Guthridge said, “We’re excited to offer this high level of care, as this equipment enhances the outcomes of spine surgeries. It is essentially operating on the spine with a GPS system, so it is incredibly helpful for more complicated cases.” The surgeons have complete control of the operation and all of the instruments remain in their hands.

Guthridge added that not only does the spinal navigation equipment enhance surgical success, but it will help SBL recruit other surgeons to the area who trained on this equipment. “There are new technologies on the market all the time, and medical residents often learn on the best equipment available. They look for hospitals that can offer them the same experience, because they know it is good for their patients,” Guthridge explained.



# No Longer

# Sidelined

**Kurt Stretch is happy to be back in action after a hand injury nearly severed his dexterity.**

September 9, 2021, started out as other days do for Mattoon Parks Superintendent Kurt Stretch: busy.

There's mowing to do from early spring to late fall in the city's seven parks, at Dodge Grove Cemetery and at Lake Mattoon. The city's 16 baseball fields have to be dragged and lined, and there's playground equipment to repair or install throughout the summer.

On September 9, however, Kurt wasn't doing any of those jobs. He was in a bucket truck 40 feet in the air, cutting down a dead tree in Peterson Park to prepare for the holiday lights season. Kurt and his crew transform the city park into a holiday wonderland with 105 lighted displays, lighted trees and a large lighted archway that delights 25,000 visitors each year. They make Mattoon magical.

Tragedy struck, however, when a miscalculation caused Kurt to cut his own hand with the chainsaw he was operating. "The chainsaw was running, and I moved it from my right hand to my left so I could hold onto a branch. I shouldn't have done that. The saw jumped off the branch and hit my right hand, tearing a five-inch gash in the top of my right hand," Kurt said, running his finger over the scar. "Blood was spurting out, and I was trying to operate the bucket controls to get down, but it was difficult because I had limited use of my hand."

A member of the summer work crew was on the ground, but he did not know how to operate the controls. Desperate to get help, Kurt jumped out of the bucket when it was about eight feet off the ground. Kurt recounted, "I asked my guy if he could drive me to the hospital without passing out."

While Kurt's clothes were blood-soaked, he did not have any pain since the chainsaw had cut through his nerves and all of the tendons in his hand. Once Kurt was stabilized in the Sarah Bush Lincoln Emergency Room, medical staff referred him to Hand Surgeon Lisa Sasso, MD, at SBL Southern Illinois Hand Center in Effingham.

“I thought I wouldn’t be able to play tennis, golf or go bowling anymore— even fishing. You really need your thumb for so much, but Dr. Sasso came into the room and said, ‘I can fix this, and you’ll be as good as new.’”

—Kurt Stretch

Because Kurt’s tendons were severed, his thumb turned toward his palm. “I thought that because I didn’t have any pain, then I wouldn’t have use of my hand any longer— that I might even lose part of it. I thought I wouldn’t be able to play tennis, golf or go bowling anymore— even fishing. You really need your thumb for so much,” he said. “But Dr. Sasso came into the room and said, ‘I can fix this, and you’ll be as good as new.’ She was so positive and had so much confidence that it made me feel better immediately.”

Surgery was scheduled for the next day at the Effingham Ambulatory Surgery Center. “What I really liked about Dr. Sasso is that she took the time to visit with me, to find out what sort of activities I wanted to be able to do again – what my goals were,” he said.

Kurt’s tendons were reattached and the hand tissue was cleaned up; the surgery went well! Kurt began to heal. Meanwhile, with a tight schedule to get the annual holiday displays set up, he called for help from all of his staff. While Kurt could not do the work himself, he coached from the sidelines to ensure everything was perfect.

Kurt completed 20 sessions of occupational therapy with Tasha Mauzy at Sarah Bush Lincoln. “Tasha was great and helped me regain mobility in my hand. She took me as far as I could go,” he said. Dr. Sasso, however, was not satisfied with Kurt’s range of motion, so in December of 2021, she said, “I think we can do better.”

“Dr. Sasso is not fast to jump into surgery; I like that about

her. But she is a perfectionist, so she suggested a second surgery to move a tendon from further in my arm to my hand for greater flexibility and agility,” he said. The two decided to schedule surgery in January so Kurt could help dismantle and store the holiday lights for the next season. This holiday season, he received extra help from Lake Land College baseball team members.

“I cannot say enough about Dr. Sasso’s passion for making everything right again. She takes the time to talk with patients and explain everything that will happen. She didn’t release me for a year. It takes time for things to heal on the inside, and I still do the hand exercises that Tasha gave me,” Kurt said, while reaching for one of the strengthening devices on his desk. “My hand is not 100 percent, but... I remind myself that it could have been much worse. Life goes on; you just adapt to it.”



For more information or to make an appointment with Dr. Sasso or one of her associates, Hand Surgeons Nash Naam, MD, and Patrick Stewart, MD, call the SBL Southern Illinois Hand Center at **217 347-3003**.



# Climbing new

# Heights

## Physical therapy helps local attorney reach her hiking goal.

Janet Grove loves being active outdoors, so when a knee injury kept her from completing a challenging hike, she was devastated. Her goal was to hike Mount LeConte in the Great Smoky Mountains National Park, a feat that required more than 10 miles of endurance.

In March, Janet and some friends set out for the journey. A mile and a half into the trek, however, Janet fell, hitting her head and ending the attempt. The Mattoon attorney returned home and scheduled an appointment with Family Physician Lucas Catt, MD. Janet had twisted her knee in February, and she realized after the fall that her injury was worse than she had thought.

Dr. Catt advised Janet to start physical therapy. She was disappointed that there wasn't an immediate solution to her injury, but she was dedicated to doing the work, so she could get back on the trails.

Janet didn't know what to expect from the process, and she feared that she would have lingering issues, even if her knee improved. "As I have gotten older, I have seen the people around me— people I've known my whole life— start to go downhill and have all kinds of ailments," she said. "I thought, 'This is going to be my life from here on out.'"

To avoid that possibility, Janet followed the physical therapy treatment as strictly as she could. She quickly realized one of the key aspects of physical therapy would be to keep herself disciplined by doing the exercises at home. "I started keeping track, and it was only 15 minutes in the morning and evening, but it made a huge difference," she explained.

While Janet held herself accountable to do the exercises, her day-to-day life was difficult. Activities like walking her dog and carrying her briefcases up sets of stairs to her office became arduous. "I couldn't walk any distance at all," she explained. "I've always taken the stairs at the office, but I had to take the elevator. It was a huge lifestyle change for me."

As much as her injury was a physical issue, it presented some mental challenges as well.



Janet (right) with her friend, Alice Kelley, on their trip to Mount LeConte.

She had to squash those doubts about her ability to fully recover and convince herself that she could get back to what she loved. “I realized that you do have a lot of control over the aging process and what your challenges are going to be as you age,” Janet said.

To be safe, Janet had her knee examined after the hike, and it was fine. “It was awesome, because I didn’t think I’d ever get there,” Janet said of her accomplishment. “I grew up doing a lot outdoors, but I never thought I’d be able to do what I did,” she said.

“I have some big goals for myself as I age, and when I retire I will be able to do a lot more outdoor activities, and those are some of my favorite things in the whole world.”

—Janet Grove

After 12 weeks of physical therapy, Janet finally had her chance to conquer Mount LeConte. In the middle of June, Janet and her friend returned to Gatlinburg to make the trek. The trip up went well, and on the way down the next day, the only pain Janet felt was from exhaustion.

Between her recovery process and scaling Mount LeConte, Janet learned some important lessons. She is taking good care of herself, and she is more careful than ever. She is also confident that she can maintain her health. “I have some big goals for myself as I age, and when I retire I will be able to do a lot more outdoor activities,

and those are some of my favorite things in the whole world,” she said.

Janet is grateful to Dr. Catt for his guidance in treatment options. She is also grateful to Jennifer Nave, PTA, and Beth Jensen, PT, for pushing her to do the exercises to improve.



For more information about SBL Physical and Occupational Therapy, call **217 258-2530**. SBL has physical therapy offices in Altamont, Arthur, Casey, Effingham, Mattoon and Sullivan.



## Ring in

# Good Health

### Team of SBL doctors help Martinsville man battle cancer.

When Bryan Bennett felt some lower back pain in February, he didn't think much of it at first. As a farmer, he endures a lot of physical labor, and as a Casey-Westfield High School teacher, he's always on his feet.

Bryan, a Martinsville resident, attributed his pain to his busy and active lifestyle, but when he noticed in March that one of his testicles was swollen, Bryan knew that he needed medical help. After multiple tests, scans and opinions from a team of Sarah Bush Lincoln doctors, Bryan got the news: he had testicular cancer.

"It was kind of just a big blur. At first, I didn't really believe it. I thought, 'There's nothing wrong with me. I'm tough; I don't feel bad,'" Bryan said, but SBL doctors told him that something was wrong, and they were going to help him get through what would be a six-month-long journey.

"They said it was going to be tough on me, and I said that's fine. Throw the kitchen sink at it, and let's get it whipped," Bryan recalled.

After the symptoms appeared, Bryan consulted John Richards, MD, at the SBL Martinsville Clinic. Dr. Richards examined Bryan and did blood work, but he wasn't



“They [Drs. Jagarlamudi and Shakir] said, ‘We’re going to treat you, and we’re going to cure you,’ and that’s one of the greatest feelings ever.”

—Bryan Bennett

able to form a concrete diagnosis. Because he wanted to be sure, Dr. Richards ordered more tests to be done, including an ultrasound.

Based on the results of the ultrasound, Bryan was told he needed to have CT scans and X-rays. Bryan visited the SBL Urology Clinic in early May, where David DiDomenico, MD, DO, told Bryan his right testicle would have to be removed. On top of that, there was a three-inch mass in his lower abdomen, which caused the back pain. After seeing Dr. DiDomenico, Bryan met with Medical Oncologists Kuppuswamy Jagarlamudi, MD, and Abdur Shakir, MD, at the SBL Regional Cancer Center, who laid out their treatment plan.

Following the orchidectomy, Dr. Jagarlamudi and Dr. Shakir reassured Bryan that they would help him. “They said, ‘We’re going to treat you, and we’re going to cure you,’ and that’s one of the greatest feelings ever,” Bryan said.

In the days that followed, Bryan received a chemotherapy port, and medical treatment began. In total, Bryan received three rounds of chemotherapy, equaling 21 treatments. The treatment was so tough on his body that it kept Bryan from his active daily routine.

Typically, Bryan manages his farm and his teaching duties, plus he is active in his community. But in his time of need, the community came together to support him. “I had an army of followers and helpers,” Bryan explained. “People from my church, the community and the school district stopped by all the time and did whatever they could to help, including on the farm.”

All of the support Bryan received from his friends, his family and the community was heartwarming, he said. His biggest supporter, of course, was his wife Kourtney, who he is thankful was right there with him the entire way.

While the mass responded to the treatment, the treatment took a toll on Bryan’s body. As treatments continued, Oncologist Lawrence Einhorn, MD, an expert in testicular cancer at the Indiana University Medical Center, was added to the treatment team. Dr. Jagarlamudi and Dr. Shakir consulted with Dr. Einhorn about treatment methods, and Bryan consulted with him about the mass in his body, which was near his aorta. Had it been too large, it would have needed to be surgically removed. Luckily, Bryan got the news that he didn’t need surgery or any more chemotherapy. “When [Dr. Einhorn] said that, it was one of the greatest feelings in the world,” Bryan said.



Bryan credited the SBL staff members for everything they did along the way. He is very thankful for Dr. Richards for ordering the tests at the beginning of his journey, and he said that Dr. DiDomenico, Dr. Shakir, Dr. Jagarlamudi and the nursing staff were all very nice and helpful throughout.

Bryan “rang the bell” in July, signaling the end of his chemotherapy treatment, and then he returned to his active lifestyle.



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



Ready for a

*Reset*

**Farmer begins exercise program following major heart surgery.**

Darrell McCumber is thankful for everything. “I think about how lucky I am to have family to celebrate my 65th birthday. And I think about how different it would be for them if I wasn’t here,” he said.


A farmer from rural Camargo, Darrell is grateful for his life and the people in it. A little more than a year ago, Darrell noticed that he wasn’t able to do as much as he used to be able to do. “My cousin worked on the farm into his mid 70s, and I realized that at 64 years old, I couldn’t do what he had done. I made all kinds of excuses, like I’m getting

older, I’m overweight, I have allergies. I had 50 different excuses,” he recalled.

Even though he felt lethargic, Darrell emphasized that if something needs to be done on a farm, “It’s yours to do.” So he just kept moving forward.

A year before, Darrell saw the first signs that his health was failing. While vacationing in Destin, Fla, “I had to sit down for 15 minutes, after carrying a pizza down the road about a mile,” he said. Darrell called his doctor upon his return.

“It was getting to the point that I was afraid to exercise. I had a stress test and a nuclear medicine test, and I failed



“This has given me hope. I have the opportunity to start over – a reset – if you will.”

—Darrell McCumber

both of them.” An angiogram revealed three major blockages, including the “widow maker” (left anterior descending artery) blocked at 99 percent, that required open heart bypass surgery scheduled two weeks later.

Heart issues run in Darrell’s family, so the news was not a complete surprise. His mother had multiple stents. His grandfather died at 54 of a massive heart attack, and his uncle died at 48 of heart-related issues. Sadly, his sister passed in March of a heart attack. High blood pressure is predominate on both sides of his family.

“I had complete faith in my surgeon. He was the protégé of my mom’s heart surgeon. I trusted him to get me through the surgery, but saying my goodbyes before going into the operating room was tough,” he remembered. “I thought if I didn’t make it through surgery, then I’d see all the people who went before me, but I still have four weddings that I want to see [referring to his four grandchildren.]”

He found comfort and strength in the number of people praying for him. “I had my surgery on July 28, 2021, and my doctor said I’d be well enough to harvest my crops in the fall, and I did.”

But getting well enough to get back into a combine took work. Just three weeks after his surgery, Darrell started METS, a cardiac rehab program, at Sarah Bush Lincoln. “I first met Kristina [Bushue] and she made me feel very comfortable. She, and the rest of the instructors,

are all business first. They look out for you to make sure you’re safe. I hadn’t exercised in years, but they made it easy, as they provided education to us as we progressed. But it just wasn’t generic heart-related education; they tailored it to the group,” he explained.

“The instructors, Kristina Bushue, Paula Enstrom, Cheyenne Cameron, Meghann Pruemmer, Stacy Sanders and Randy Beck, made us feel that we weren’t just in good hands, but that we were amongst friends. I completed the program, but I come back three times a week to exercise and stay healthy,” he added. “It’s a comfortable place where I make myself exercise for 47 minutes.” He has found camaraderie in the other participants with whom he has an occasional lunch.

Darrell understands that he’s lucky to be alive, so he tries to live a healthier lifestyle. “We know what’s good for us, but we’re humans and we slip up,” he conceded. “But this has given me hope. I have the opportunity to start over – a reset – if you will. Now I can continue to exercise and not over-do it. I hope to get as much out of life, as possible, from now on,” he explained.

“My grandfather died when I was 19, and I thought I could have done more. I made a pact with myself that I would be more helpful,” he explained. As the family caretaker, Darrell takes his loved ones to appointments to help them out and, to make sure that they get the help they need.





# Sarah Bush Lincoln

# Welcomes

## Ashton Ballinger, MD

Obstetrician/Gynecologist

It was almost destiny that brought Obstetrician/Gynecologist Ashton Ballinger, MD, to Sarah Bush Lincoln to serve in SBL Women's Healthcare.

After being away from her hometown of Stewardson to complete medical school and her residency, she knew she wanted to return to her family and friends. And while she knew the Health Center was the perfect fit, it remained a mystery how she would get back to the region.

When Dr. Ballinger attended medical school, she intended to be a forensic pathologist; she swore that she wouldn't land in obstetrics and gynecology! Yet, as soon as she made rotations through family medicine and obstetrics, her decision was made.

"I saw several babies being born and was like, 'This is it! Why have I been fighting it?'" With her mind set, she saw the opportunity to move back to the area and begin her career at Sarah Bush Lincoln.

Dr. Ballinger's father, Keith Ballinger, PA-C, works in the SBL Urology Clinic, and her mother, Lisa Ballinger, LCPC, works in SBL Psychiatry and Counseling Clinic.

The ties to family, the region and the organization made SBL the perfect fit for Dr. Ballinger. Additionally, becoming an OB/GYN actually fulfills the prophecy she laid out for herself when she was a kid.

"I distinctly remember, as a very young kid, probably even before kindergarten, saying that I wanted to deliver babies. I think it was just within me."

—Ashton Ballinger, MD

"I can't remember a time when I didn't want to be a doctor, if I'm being totally honest." Dr. Ballinger said. "I distinctly remember, as a very young kid, probably even before kindergarten, saying that I wanted to deliver babies. I think it was just within me."

After graduating from the University of Illinois Springfield, she worked a few years as a medical technologist in a lab. "I feel like my experience in between college and going on to medical school was really kind of pivotal," she explained. "I think if I had to do it all over again, I would do just that." As a medical technologist, she learned how to work on a team and how other people in healthcare do their jobs.

As an OB/GYN, Dr. Ballinger believes she can make an impact in other ways. She said the most important thing she can do is to listen to her patients and empathize with them. She wants to know how they feel and what is happening in their lives, so she can better understand them. Building rapport is important so she can better care for them.

One of her goals is to empower the women she sees, so she helps them to be aware of their health and to make sure they know their options. "I want them to know that I'm not judging them; I just want to help them," she said. "I really just want to help people live their best lives."



For more information or to make an appointment with Dr. Ballinger, call **217 258-4030** or visit [www.sarahbush.org](http://www.sarahbush.org).



“My niche in spine surgery is in failed surgeries. I’ve taken care of many, many people who have had disappointing outcomes somewhere else, and I’ve been able to help them.”

—Jesse Butler, MD

## Jesse Butler, MD

### Spine Surgeon

For Jesse Butler, hard work is all he’s ever known. Having grown up on a farm in Western Illinois, he worked long days alongside his dad on land that has been in his family since the late 1800s.

After graduating high school in a class of 35 students, he went to college in Dallas, entered medical school at UHS/The Chicago Medical School and found that he really loved orthopedic surgery, following clinical rotations at Cook County Hospital, Chicago. He completed a residency at Northwestern University and did a spine fellowship at Rush Presbyterian Hospital, both in Chicago. Today, Dr. Butler focuses his busy practice on spine surgery.

“My niche in spine surgery is in failed surgeries. I’ve taken care of many, many people who have had disappointing outcomes somewhere else, and I’ve been able to help them,” Dr. Butler said. “Some patients are not candidates for surgery, so we’ll try other treatment options, and others I am able to help with a revision surgery.”

While Dr. Butler started his career at an orthopedic practice in Chicago, he moved to Monticello nearly 10 years ago to be near his son, who was a walk-on member of the Fighting Illini football team.

Dr. Butler is providing spine care at SBL Orthopedic and Sports Medicine.

Dr. Butler relates easily to his patient population because he understands the physical demands on their bodies. “I know the physical work that people around here do, since that’s how I grew

up, and there’s still a lot of manufacturing in the area. They have rough and tumble lives, and they have a certain level of function that is mandated by their work,” he said.

“Some of the procedures we do don’t really gel with that, so I’m not going to recommend a procedure to someone when I know that, even with a good outcome, they won’t be able to put food on the table for their families. That’s part of the decision-making that has to go into it.”

Dr. Butler continued, “When you have a prospective of agriculture and rural living, you can relate to what they want to ask. You have to read behind the lines. Unless you can form a bond and really understand what their goals are, it’s hard to make a recommendation,” he explained.

“I’ve always been hands-on, using language patients understand. I listen to what they say and listen for clues to what is really ailing them,” he explained. “Sometimes back pain really stems from the hip.”

Dr. Butler’s ‘secret sauce’ is being able to talk with people who are scared or stressed about their surgeries. He knows the tell-tale sign of when people are ready for surgery just by looking at them in their eyes.

For some people, spine surgery is not the answer, so Dr. Butler’s experience guides patients’ decisions, made with their input.

In the spring and the fall, Dr. Butler takes time to plant or harvest the family’s 1,500-acre farm, plus he still has a hand in the 200-head cattle operation.

“I’m from Central Illinois and I enjoy being a part of a community, where I can stop at the local coffee shop and talk with my neighbors,” he said. His family is important to him as well. He and his wife, Lori, have five grown children, and three young daughters.



For more information or to make an appointment with Dr. Butler or Dr. Narotam, call **217 238-3435**.



## New Diagnostic Tool Aids in Prostate Cancer Treatment

Sarah Bush Lincoln is among very few hospitals in Illinois to use a new tool to track prostate cancer, with the goal of helping doctors better identify the disease and formulate treatment plans.

Pylarify is an option for assessing men with suspected prostate cancer metastases or suspected recurrence of the cancer. Jerry Burrell, SBL Nuclear Medicine technologist, said using Pylarify is easy on the patient. “It’s a fairly simple process and, beyond being hydrated, there’s no prep for this particular test,” he explained.

The injectable radioactive diagnostic agent is used in conjunction with PET/CT scans. After it is injected, patients wait about one hour before being scanned. The agent shows where the cancer is and how it has progressed.

Pylarify is a better agent than others available, making it a valuable diagnostic tool for SBL oncologists. It is not a treatment modality. Pylarify helps provide an extraordinarily clear image of where the cancer is, thereby providing more information to physicians to share with their patients. They can make more informed treatment choices, as a result. In a few months’ time, SBL has used Pylarify nearly 35 times.

Burrell said he is grateful that SBL offers Pylarify, because it is something that people in the local communities have wanted. “At least a couple of patients have told me that it’s great that we have this diagnostic tool,” Burrell said. Before Pylarify, he said that patients traveled to Springfield or Indianapolis, to receive the same service.

Now people with prostate cancer, and those suspected of having the disease, can receive top-notch diagnostics in their own backyards.



For more information or to make an appointment with SBL Urology, call **217 258-4186**.

# 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

### Tobacco Cessation Services

A program to help people quit smoking or using smokeless tobacco.

■ SBL Wellness Services, 217 258-2140

## 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](http://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](http://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 Kreke, RN, 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

# Sarah Bush Lincoln Walk-In Clinics

We're here when  
you need us.

No appointments.

7 am – 7 pm / Monday through Friday

8 am – 3 pm / Saturday and Sunday\*



### MATTOON

200 Dettro Drive  
217-238-3000



### CHARLESTON

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



### EFFINGHAM

1303 West Evergreen  
Now in the new Bonutti Clinic  
building with extended hours!  
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.



Use your cell phone camera to scan this code to visit

[sarahbush.org](http://sarahbush.org).

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

# Sarah Bush Lincoln

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



Printed on recycled paper.

## Holiday Festival

November 10 – 14, 2022



### **SILENT AUCTION**

**Open to the Public**  
8 am, **Thursday, Nov. 10**  
*through*  
8 pm, **Monday, Nov. 14**

This year's online auction will feature more than 80 items designed by Sarah Bush Lincoln employees, area residents and businesses, including a wide-variety of home décor and holiday items, handmade wooden trees, fresh greens from Hager Tree Farm and more.

### **GALA AND LIVE AUCTION**

**Tickets Available**  
**Saturday, Nov. 12**  
6 pm – Cocktail hour  
7 pm – Dinner and Live Auction

The Live Auction will feature 30 elite items with Stokes Auctioneer Shawn Hamilton and Emcee Joe Dively, chairman & CEO of First Mid, adding the fun and excitement. This year's event will be held at Unique Suites in Charleston.



### **FOR MORE INFORMATION**

Visit [www.sarahbush.org/holidayfestival](http://www.sarahbush.org/holidayfestival)  
or call the  
SBL Health Foundation  
at **217-258-2511**.