

WELLNESS Connection

WINTER 2020



Marilyn Miller
2018 Knee Replacement

Pg 4 **FEATURE**
I Know I Made the Right Choice



HSHS
**St. Anthony's
Memorial Hospital**

**CHOOSE
YOUR HEALTH CARE.**

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Changes Man's Life

A MESSAGE from our CEO



Theresa Rutherford
President & CEO
HSHS St. Anthony's
Memorial Hospital

Dear Friends,

I am blessed to serve as the President and CEO of HSHS St. Anthony's Memorial Hospital and I am excited to introduce to you our new publication, Wellness Connection. The purpose of this magazine is to provide you with a tool to learn about ways we can help enhance you and your family's health and wellness.

St. Anthony's has been honored to provide compassionate, high-quality care to this community for 144 years. Health care may have changed since our first Hospital Sisters began offering care in Effingham in November 1875, but we proudly carry on their tradition of caring within our hospital walls, at our outpatient clinics, and within people's homes through our Home Care service.

We are continually seeking ways to elevate the care we provide to all those who come through our doors. One of the highlights of our past year was recognition our team received for demonstrating excellence. Our achievement of the IMEC Silver Award for our progress towards excellence demonstrates the excellent teamwork and progress of our colleagues and physicians. I am honored to take part in this journey of elevating care, quality, safety and experience to our patients.

While we are extremely proud of accomplishments like these, we equate them more with how they impact our patients and their families. Demonstrating excellence means doing our utmost and going above and beyond to provide advanced care close to home. It means that we are changing lives – like Marilyn Miller, who chose St. Anthony's to get her back up on her feet quickly after having her robotic-assisted knee surgery at our hospital, and Lowell Fehrenbacher, who chose our HMR Weight Management Program to achieve a healthy weight and get back into life again.

These and other stories you will read about in this magazine are the result of having a team of dedicated, compassionate and talented health care providers and colleagues, committed to you. As we like to say, "We Are St. Anthony's and together we make a difference in the lives of the patients that put their trust in us, the family that supports them, the communities in which we live and work, and the team we work alongside." Thank you for choosing St. Anthony's!

Health to You and Yours,

A handwritten signature in cursive script that reads "Theresa".



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Our Mission

To reveal and embody Christ's healing love for all people through our high quality Franciscan health care ministry.

A photograph of Marilyn Miller, an elderly woman with short white hair, wearing a light green long-sleeved shirt and blue patterned pants. She is standing on a blue mat in a gym, with her arms outstretched. Behind her is a rack of exercise balls in red, black, and blue. The gym has a light-colored wooden floor and a window in the background.

Marilyn Miller
2018 Knee Replacement

I Know I Made the Right Choice

Knee replacement surgery – Don't put it off

Marilyn Miller noticed pain in her knees about five years before she did something about it. She was still working and assumed that once she was not as busy, she'd be able to slow down, and her pain would go away.

As she evaluated her options, she visited with surgeons in Effingham and Indianapolis, carefully comparing their recommendations, the surgery facilities and overall plan of care. Her surgeon in Effingham offered the same advanced care and technology the Indianapolis surgeon offered but allowed her to stay close to home - making it easier for her caregivers and family to be by her side during the procedure and recovery. The choice of what hospital to have her knee replaced at was an easy one for Marilyn. She immediately chose HSHS St. Anthony's Memorial Hospital in Effingham.

She chose the pre-registration option so that on the day of her surgery, she could simply show up at the

hospital without having to deal with extra paperwork on an already stressful day. During the preregistration process, the team at St. Anthony's explained to Marilyn where her family would wait during her surgery as well as the details of what would happen before, during and after the knee replacement. For Marilyn, this was a huge relief. All of the questions that she might have had about her procedure were answered long before the surgery day.

Marilyn had her surgery done in the early morning, and upon the recommendation of her doctor, she chose the MAKO Robotic Arm option to assist her surgeon. This option allowed her surgeon to prepare for her knee replacement by providing a more predictable experience during the joint replacement surgery. This option also gave Marilyn a greater chance of having a faster, less painful recovery period. After her surgery, Marilyn stayed in the hospital for about 24 hours and returned home the next day.

Shortly after her surgery Marilyn walked pain-free for the first time in three years and admits that she would have had the joint replacement done earlier, had she realized how much of a difference that the surgery would make. After the surgery, she moved on from walking to even feeling the urge to run on occasion.

Marilyn is extremely thankful to the surgeon and to HSHS St. Anthony's Memorial Hospital for giving her a piece of her life back that she didn't even know was missing.

"I know that I made the right choice by choosing St. Anthony's. The doctor that I chose is an excellent doctor for the area, I had a good experience, I have a great knee and it was the best decision that I made."

Her advice to anyone experiencing knee or joint pain is to stop putting off treatment and visit a specialist right away. And when it comes to choosing a hospital for your surgery, she recommends HSHS St. Anthony's Memorial Hospital.

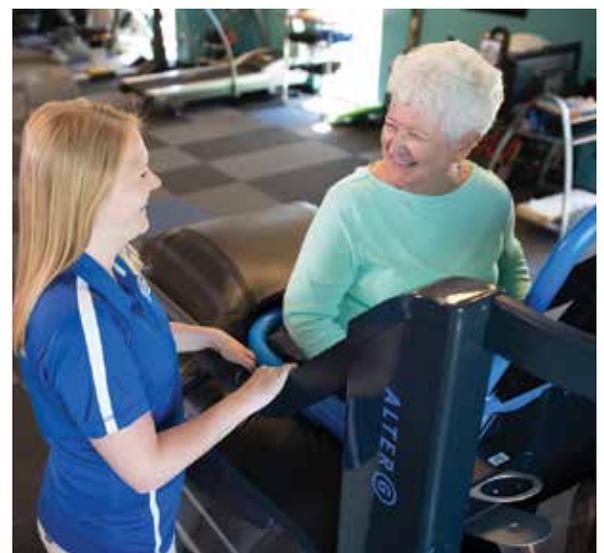
"After the surgery I find myself wanting to run and I have to slow myself down and rethink that I'm not really supposed to run with this, but I feel that good!"

For more stories of success and to see if knee or hip replacement surgery is right for you, visit stanthonyseffingham.org/ortho



Before any surgery, prepare your home for your recovery. Follow these tips:

- Create a living space on one floor, since walking up and down stairs can be troublesome.
- Install safety bars or handrails in hallways, stairways and bathrooms.
- Buy a toilet seat riser if your toilet is low to the ground.
- Buy a shower chair for bathing.
- Remove any loose rugs or cords that could be a tripping hazard.



Rehabilitation services at HSHS St. Anthony's Physical Rehabilitation and Wellness can help strengthen muscles and reduce post-operative pain and speed recovery.



HSHS St. Anthony's is one of only two hospitals in the state and the only hospital in downstate Illinois to have achieved The Joint Commission's Gold Seal of Approval® for Advanced Certification for Total Hip and Total Knee Replacement. As a Joint Commission-accredited hospital, this advanced certification demonstrates St. Anthony's commitment to elevating the quality, consistency and safety of their orthopedic care.



CHOOSE A MORE COMFORTABLE MAMMOGRAM

With pain being the number one complaint of women during mammograms, this fear of pain prevents many women from making regular breast imaging appointments a priority. By avoiding scheduling a mammogram, this puts women at risk of cancer being missed, or diagnosed at a more advanced stage.

To help alleviate the fear of discomfort, HSHS St. Anthony's Memorial Hospital is now offering a more comfortable mammogram for women in the area. St. Anthony's now has the new SmartCurve™ breast stabilization system for their Hologic's Genius™ 3D Mammography™ units, which is clinically proven to deliver a more comfortable mammogram without compromising image quality. The SmartCurve design features a curved surface that mirrors the shape of a woman's breast to reduce pinching and allow better distribution of force over the entire breast, alleviating the discomfort women fear with traditional flat paddle compression.

"With this new technology, we are not only able to provide a more comfortable mammogram, but can do so while

maintaining clinical accuracy, which is key," said Ashley Davis, Women's Wellness nurse navigator. "Mammograms play such a critical role in the early detection of breast cancer and we're hopeful that with the addition of the SmartCurve system, we'll be able to lessen the pain and anxiety associated with mammograms and, as a result, increase screening compliance."

Kate Weber of Effingham agreed that the new SmartCurve paddles are less painful than the traditional paddles used for mammography. She recently had her annual mammogram at St. Anthony's Women's Wellness Center and experienced much less discomfort than her previous mammograms. "It is absolutely better than before. I kept waiting for the discomfort as they were doing the compression but it never came – I hardly felt it at all. I thought perhaps they weren't compressing as much but the images were just as clear as previously if not better!" she said. "It is a world of difference from before; it is much more comfortable."



Is it time to schedule your mammogram?

The SmartCurve paddles are available on St. Anthony's 3D mammography units now located at two convenient locations in Effingham:

- Women's Wellness Center
HSHS St. Anthony's Health Center
900 West Temple Avenue, Building B
- Effingham Obstetrics & Gynecology Associates
912 North Henrietta Street

Both mammography locations offer the same advanced technology and are staffed by the same caring professionals you have come to know and trust from HSHS St. Anthony's Memorial Hospital.

Call 217-347-1601 or visit stanthonyseffingham.org/3dmammography/ to schedule your mammogram today!

Mammography Screening Guidelines

One in eight women will develop invasive breast cancer in her lifetime. Early detection is the best way to protect against breast cancer.

It is recommended that women age 40 and older have a screening mammogram every year. Screening mammography offers the best chance of finding breast cancer early. Finding breast cancer early means more treatment options and a better chance for a cure.

Recommendation guidelines may change depending on personal and family risk factors which should be discussed with your medical provider.

That's why at HSHS St. Anthony's Memorial Hospital we are transforming breast cancer screening and detection with the latest technology in 3D Mammography and a focus on your comfort. Our goal is to make breast health as easy as 1, 2, 3.

Instead of reviewing the breast tissue in a single, flat image, this tool folds together a series of images to create a 3D view, allowing doctors to see the tiniest details and find cancer in its earliest stages.

More helpful hints for a comfortable mammogram

- Schedule your mammogram a week after your period ends.
- Do not use deodorant, lotion, creams or powder on your underarms or breasts the day of your mammogram
- Take a Tylenol or Ibuprofen about one hour before your exam.
- Do not drink or eat items with caffeine for one week prior to your exam.

EMERGENCY MEDICINE |

The ER is not where anyone wants to be. But when you need us, we are here. The \$6.6m HSHS St. Anthony's Memorial Hospital Emergency Department renovation, which began in January 2018, increases safety, security and privacy for patients in a more efficient design to enhance the patient experience. The project included an expansion of the department, increasing its square footage from approximately 8,000 square feet to 13,000 square feet, including 17 private rooms.

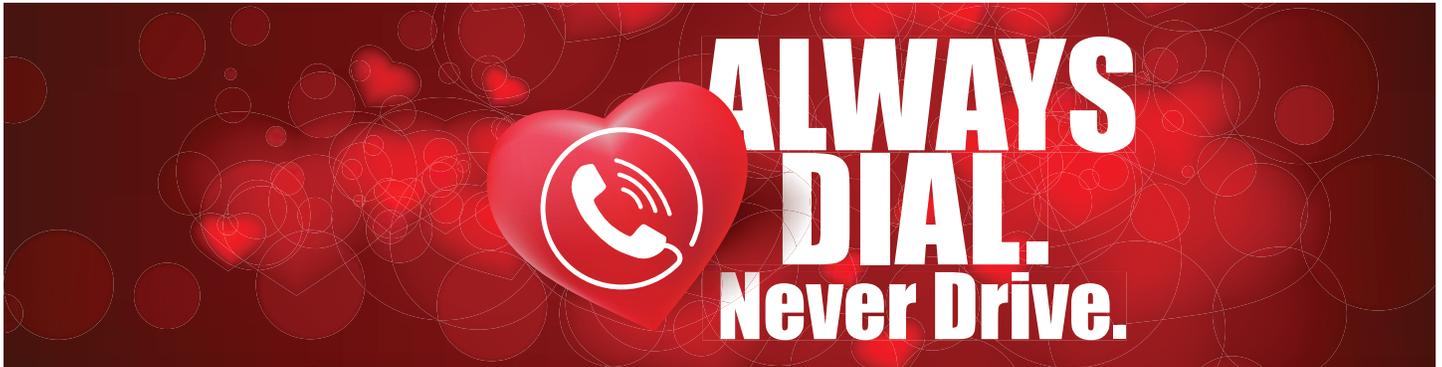
To increase the safety and security of all of our patients, the updated Emergency department also added private patient triage and a repositioning of the nurses' station, allowing staff to have a line-of-sight to each patient treatment area. Additionally, the Security office has been relocated to the entrance of the Emergency department to help provide safety oversight for colleagues, physicians and patients.

The new renovation also includes new rooms designed to help keep behavioral health patients safe, fully equipped with special furnishings and equipment. The department now also has two negative pressure rooms for quicker isolation of contagious patients, and has enhanced decontamination capability by adding an additional entrance for contaminated patients should it be needed. The overall redesign helps improve patient flow and reduces bottlenecks for a more efficient delivery of health care.

"We listened to the voices of our patients, their family members, colleagues, and medical providers – all involved asked for more privacy, better workflow and increased safety for patients and colleagues," said Deb Murbarger, director of Emergency Services, Convenient Care and Respiratory Care. "We are excited to have this newer, modern Emergency department, designed with the patient in mind, while also increasing efficiency and safety. The new renovation benefits both our patients and health care providers alike."



EVERY SECOND COUNTS



1. When you dial 911, you are connected to a trained dispatcher who can coach you through potentially life-saving procedures while you wait for help to arrive.
2. Treatment will begin as soon as the ambulance arrives.
3. An ambulance is the safest means of transportation.
4. The ambulance has advance contact and communication with the hospital to prepare them for your arrival.

“We listened to the voices of our patients, their family members, colleagues, and medical providers...”
— Deb Murbarger



Man's Life Changes After Choosing HMR Weight Management

Driving a school bus is not for the faint of heart, but it is something Lowell Fehrenbacher really enjoys. The Jasper County native recently started as an Effingham Unit 40 school bus driver during retirement. According to Lowell, driving the school bus allows him to get moving early in the morning, enjoy the energy of the school kids and gives him a sense of purpose by getting the kids safely to school and back.

But almost a year ago, having the stamina to drive a school bus would have been nearly impossible for Lowell due to his weight and health issues. As someone who has struggled with his weight in the past, Lowell weighed over 325 pounds at the beginning of 2019. He knew he

needed to lose weight, but with some health issues, he wanted to do it in a healthy manner and learn how to keep the weight off.

Lowell had tried dieting before, but it hadn't stuck with him. When he started researching local options, he discovered that HSHS St. Anthony's Memorial Hospital had launched an HMR® (Health Management Resources) Weight Management program. HMR® is a clinically proven diet and lifestyle-change program specially designed to help people who want to lose a lot of weight. More than just a diet, all-inclusive HMR plans also provide the education, support and accountability to help clients make and keep healthier lifestyle habits. For the past four years, U.S. News & World Report has ranked the program created by HMR and offered by HSHS St. Anthony's Weight Management as a the number 1 Best Fast Weight-Loss Diet in America. (See side bar column for program details.)

Lowell shared, "One of the main reasons I decided to do the HMR program was because it is medically supervised. I wanted to get healthier but in a safe way so it gave me peace of mind that I was meeting regularly with a doctor (Dr. John Opilka, medical director for St. Anthony's HMR Program)," he said. "Additionally, with a dietitian meeting with you, you learn about eating properly and the importance of exercise."

“Lowell truly embraced this program from all angles and blew me away on a weekly basis...”
— Brooke Welcher-Miner

Brooke Welcher-Miner, St. Anthony's HMR dietitian and program coordinator, has led the program since St. Anthony's launched it in January 2018. Passionate about helping people achieve a healthy balance to their life while still enjoying food, Brooke shared one of her

philosophies. "It's really about balance, variety and moderation. All foods fit - It's not about deprivation. We know deprivation doesn't work. It's learning that you don't have to eat less to lose weight - you just have to eat different," she explained. "It's about balancing what you eat. The HMR program teaches you to make healthier food choices and incorporate movement in your life on a daily basis so you can enjoy what you eat without feeling guilty or miserable."

Lowell was committed to the program and seeing results. In addition to doing the meal replacements, attending his appointments with Dr. Opilka and meeting regularly with Brooke, Lowell added exercise to his daily routine. He joined the Workman's Sports and Wellness Complex to exercise in the pool and purchased a three-wheeled adult bicycle that he enjoys taking along the TREC Trail.



And how did the program help Lowell? Brooke shared, “Lowell truly embraced this program from all angles and blew me away on a weekly basis. When Lowell joined the HMR Program in February 2019, he was very determined to achieve a goal weight of 200 pounds. By following the HMR program, he lost 33 pounds in his first month alone and went on to lose a total of 126 pounds, achieving his goal weight in just seven months. Known in our clinic as ‘The Vanishing Man’, Lowell gave himself a new lease on life,” she said with a smile.

Lowell continues to make healthy choices daily while still enjoying the occasional burger. He has maintained his goal weight for three months and counting, with no plans to go back. Lowell’s goal with using the HMR program was to get healthier. He improved his health so much he was able to eliminate over 10 medications from his daily load.

Lowell can’t thank St. Anthony’s, Dr. Opilka and Brooke enough for having the HMR program for those who need to lose weight in a healthy way. “It was a program that I needed and they helped me so much! I recall Brooke’s lessons and still keep in touch with her to let her know how I am doing. Everyone I worked with was so helpful and encouraging,” he shared. “I want other people to see my results, see that it truly works, and do it for themselves to improve their health. My hope is that by telling my story, I can help someone on their journey to better health.”

Take Control of Your Health with HMR

- Lose weight quickly – Take a break from food decisions and stay full with a nutritionally complete plan using HMR weight-loss foods. (Fruits and vegetables included on some plans.)
- Learn new skills – Using the principles of behavioral science, learn how to make new routines around healthier eating and physical activity.
- Get coaching and support – Weekly classes, digital resources, and a mobile app provide extra support and accountability.
- Maintain after the diet – Reduce reliance on HMR foods and transition to a long-term healthy eating plan.

A number of weight-loss options are available; you can choose the option that works best for you. Join others for weekly meetings, or do the program on your own at home with delivery of HMR foods and materials (available with or without group phone coaching).

To learn more about the HMR Weight Management Program offered by HSHS St. Anthony’s, visit stanthonyshospital.org/wm or call 217-540-2336 to schedule your free, no obligation information session.



Our drive to end cancer never stops.



Ruben Boyajian, MD
Surgeon



Philip Dy, MD
Oncologist



Casey Duncan, MD
Oncologist



Lisa Kowalski, MD
Surgeon



David Nayak, MD
Urologist



Hanna Saba, MD
Oncologist

When faced with a cancer diagnosis, no one knows what you need better than HSHS St. Anthony's Memorial Hospital. Our collaboration with local cancer care experts and MD Anderson Cancer Network®, a program of MD Anderson Cancer Center, allows us to provide advanced surgery, close to home.



HSHS
St. Anthony's
Memorial Hospital

MDAnderson
Cancer Network®
Certified Member

STANTHONYSHOSPITAL.ORG/CANCER

INTRODUCING NEW PROVIDERS



Kevin Calder, MD
Plastic and Reconstructive Surgery



Scott Urch, MD
Orthopedic Surgery and Sports Medicine



HSHS
Medical Group

For more information or to
schedule an appointment, call 217-540-2350

Helping Moms Feel Confident and Skilled at Breastfeeding

HSHS ST. ANTHONY'S DESIGNATED BABY-FRIENDLY

Baby-Friendly USA, recently announced that HSHS St. Anthony's Memorial Hospital has received prestigious international recognition as a Designated Baby-Friendly birth facility.

Baby-Friendly USA, Inc. is the U.S. authority for the implementation of the Baby-Friendly Hospital Initiative ("BFHI"), a global program sponsored by the World Health Organization (WHO) and the United Nations Children's Fund (UNICEF). The initiative encourages and recognizes hospitals and birthing centers that offer an optimal level of care for breastfeeding mothers and their babies.

"We are excited to receive this recognition," said Ashley Vincent, manager of women and infant services and pediatrics at HSHS St. Anthony's Memorial Hospital. "Being named a Baby-Friendly hospital means we use the Ten Steps to Successful Breastfeeding to provide mothers with the information, confidence and skills needed to successfully initiate and continue breastfeeding their babies."

"While all new mothers at St. Anthony's are free to decide how best to feed their babies, we believe breastfeeding whenever possible is a healthier option for mothers and infants," said Ashley. "Our goal is to encourage and assist new mothers to breastfeed their babies."

To learn more about how St. Anthony's provides exceptional care to mothers and babies at their Women and Infants Center, visit stanthonyshospital.org/baby.

*"Nothing quite prepares you for breastfeeding your first child. I was grateful to the nurses and lactation consultant who helped me through those first nervous hours. And knowing they are here for me after I go home, that is priceless."
— New mom, Bailey D.*



HSHS St. Anthony's Memorial Hospital has been recognized as a Designated Baby-Friendly birth facility from Baby-Friendly USA



To help give every baby and mom the healthiest start possible, St. Anthony's Women's Wellness Center offers:

- **Lactation consultants**
Available by appointment
Monday-Friday, 8:00 a.m. to 4:30 p.m.
Call 217-347-1601

For any breastfeeding needs after hours, you may contact the Women and Infants Center at 217-347-1321.

- **Breastfeeding Support Group**
Last Wednesday of each Month
5 p.m.

Women's Wellness Center
St. Anthony's Health Center, Building B
900 West Temple | Effingham
217-347-1601

GIVING BACK

Spotlight on Community Programs that enrich our community

Each year, St. Anthony's Memorial Hospital offers hundreds of free programs to the community. Through a Community Needs Assessment survey performed every three years, programs are developed based on the survey's results to reach those with the greatest need. Some of the programs available through St. Anthony's Community Programs include:



School Hearing & Vision Program – Student screenings are held throughout the school year for Effingham County area schools. The hospital provides hearing and vision screenings free of charge to all Effingham County schools and three licensed childcare facilities to assist them in meeting a State of Illinois requirement.



Crisis Nursery – The hospital partners with Crisis Nursery to provide the area a free, 24-hour emergency shelter care program for children birth through six years of age to prevent and protect children from trauma, abuse and neglect.



Outpatient Behavioral Health Services - In partnership with Heartland Human Services, the hospital provides funding for a telemedicine psychiatrist and provides a full-time, Psychiatric Mental Health Nurse Practitioner (PMHNP), who provides on-site, outpatient behavioral health care at our outpatient clinic located at Heartland Human Services.

**Andrea Cutler,
PMHNP**



Clare's Closet – This program offers clothing and hygiene basics to meet the immediate needs of hospital patients or visitors.

CALENDAR OF EVENTS

MONTHLY ACTIVITIES & SUPPORT GROUPS

WALK WITH A DOC

Held the *third Saturday* of each month at 9 a.m. at the TREC Trail Kingwood Estates Trailhead (April through October) and at the Workman Sports Complex (November through March).
January 18
February 15

DIABETES SUPPORT GROUP

This support group is held the *second Monday* of each month at 5:30 p.m. in St. Anthony's Health Center, Building B, second floor conference room. January 13
February 10

BREASTFEEDING SUPPORT GROUP

This support group is held the *last Wednesday* of each month at 5 p.m. in St. Anthony's Health Center, Building B in the Women's Wellness Center.
January 29
February 26

BREAST CANCER SUPPORT GROUP

This support group is held the *fourth Thursday* bi-monthly at 5:30 p.m. in St. Anthony's Health Center, Building B in the Women's Wellness Center. (No meeting in December)
January 30
March 26

CELIAC DISEASE/GLUTEN INTOLERANCE SUPPORT GROUP

This support group, facilitated by a registered dietitian, is held the *third Monday* of each month at 6:30 p.m. at the Effingham Public Library - Workman Room.
January 20
February 17

AMPUTEE SUPPORT GROUP

The hospital provides meeting space for this support group held the *first Tuesday* of each month at 6 p.m. in St. Anthony's Health Center, Building B, second floor conference room.
January 7
February 4

BRIDGES FOR HEALING HEARTS SUPPORT GROUP

This grief support group, facilitated by a HSHS Hospice Southern Illinois Bereavement Counselor, meets on the *first Thursday* of each month and helps those who have suffered the loss of a loved one adjust to the transition period. [For upcoming dates, contact 217-347-1777.](tel:217-347-1777)

EFFINGHAM COUNTY HEALTH DEPARTMENT MONTHLY LOW-COST HEALTH SCREENINGS

HSHS St. Anthony's partners with the Effingham County Health Department to offer low-cost health screenings to the community, especially for those with high-deductible insurance plans. Screenings are held the *first Tuesday* of each month from 8 - 11 a.m. and include: Cholesterol & Triglycerides - \$20, Hemoglobin A1C - \$20, Blood Sugar - \$20.
January 7
February 4

COMMUNITY DIABETES PROGRAM

The hospital provides a free monthly program at four locations for people with diabetes. This free program offer participants who are committed to improving their blood sugar help with healthy food options, medication costs, free blood sugar testing supplies, laboratory exams, nutrition education, behavioral goal [setting, and lifestyle changes.](#) [For more information or to schedule an appointment, call 217-994-2737.](tel:217-994-2737)

ARE YOU EXPECTING?

PRENATAL CLASSES

The hospital offers monthly the "Having a Baby" three-part educational series for expectant parents. An "Eat at Mom's" breastfeeding class is also available. The classes provide a comprehensive journey through the process of birth and infant care. The series is designed for mothers and their support partners.

Class size is limited. In order to ensure class availability, participants should register for classes when they are approximately 20 weeks pregnant, and attend classes at approximately 30 weeks.

STANTHONYSHOSPITAL.ORG/EVENTS
FOR MORE EVENTS & CLASS DATE INFORMATION



HSHS
St. Anthony's
Memorial Hospital

503 North Maple Street
Effingham, IL 62401



SAVE THE DATE

STETSONS &
Stiletto
BUTTERFLY BALL

Saturday, March 14, 2020
Keller Convention Center

For more information or if you are interested in sponsoring
this event, visit stanthonyshospital.org/ball



HSHS
St. Anthony's
Foundation

Proceeds Benefit HSHS Hospice Southern Illinois