



Healthscene

SUMMER/FALL 2018

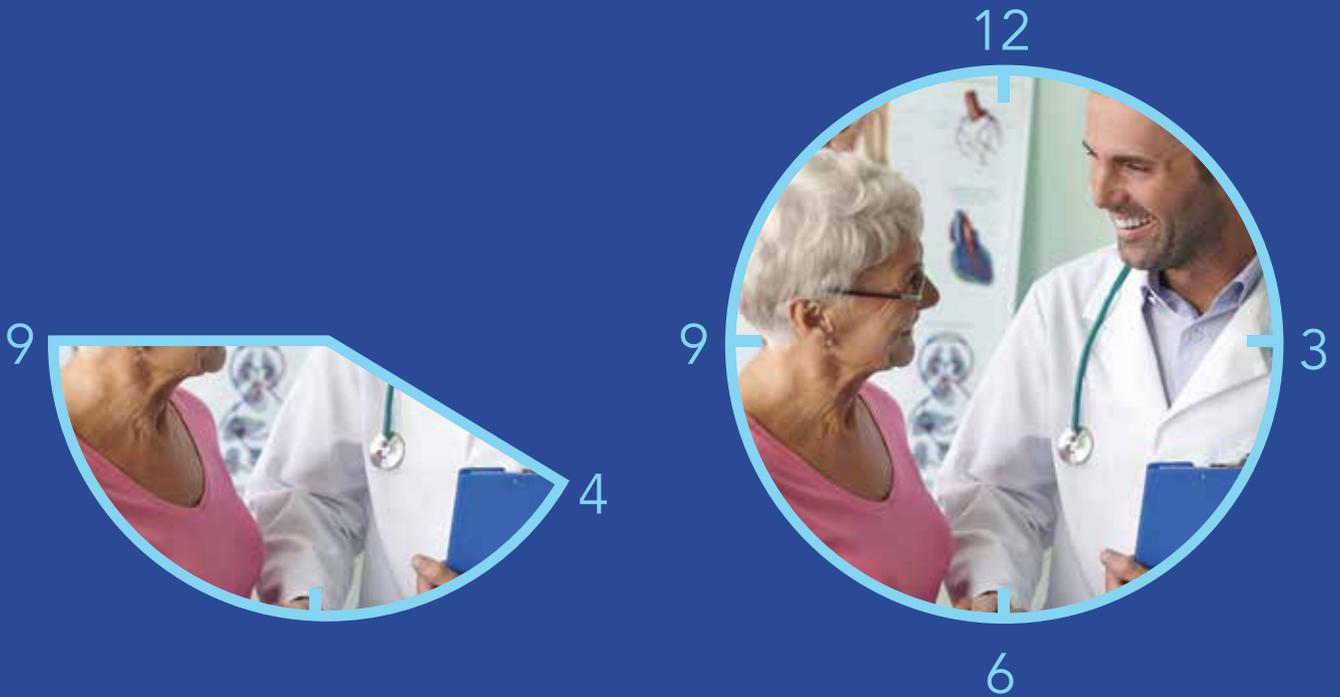


Medical
Appointments
just got
easier

p.8

Meet our new **midwife**

p.7



12 hours is better than five

It's much easier to see a doctor now that CareToday is open 12 hours instead of five on weekdays.

The IVCH CareToday walk-in clinic located next to the Illinois Valley YMCA in Peru has more than doubled the number of hours it is open weekdays, making it easier than ever to get fast medical attention when your doctor is unavailable. **New weekday hours are 9 a.m.-9 p.m.** Weekend hours are still 10 a.m.-4 p.m.

Dr. Rahil Sampat works exclusively at CareToday, joining Dr. Lucille Damasauskas, Dr. Kara Fess, Dr. Kelly DeBoer and mid-level providers.

Insurance, self-pay and Medicaid accepted.



310 Walnut St.
Peru
(815) 780-3855
www.ivch.org

In this issue



10 Looking for Real Results?
We can help you get started on an effective weight-loss journey.



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You won't want to miss this year's Golf Scramble.



4 It's back-to-school time again!
Check your school physicals and shots off your list at the Hygienic Institute.

HEALTH SCENE is published as a community service for the friends and patrons of:

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ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al **815-223-3300**.

UWAGA: Jeżeli mówisz po polsku, możesz skorzystać z bezpłatnej pomocy językowej. Zadzwoń pod numer **815-223-3300**.

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 Get all the latest IVCH info at facebook.com/ivch1.

 Follow us on Twitter at twitter.com/ivch1.

 Looking for Dr. Right? Try the physician finder at ivch.org.

Numbers to know

Main number 815-223-3300
Emergency room 815-780-3411
Central scheduling 815-780-3199
Class and event registration .. 815-780-3337
Billing and insurance 815-780-3418
Human resources 815-780-3421

On the cover: Our Oglesby medical clinic provider team, from left, David O'Donnell, DO; Patricia Blackburn, PA-C; Angela Massutti, FNP; and Kelly DeBoer, MD.

Get your kids school-ready on a budget

If the still-to-be-done items on your kids' back-to-school checklist include school and sports physicals and immunizations, the convenient and low-cost place to get them is the Hygienic Institute in LaSalle.

Located on Chartres Street just north of the LaSalle post office, the Hygienic specializes in meeting the needs of families on budgets. School physicals are just \$35 and sports physicals are only \$25. Physicals and immunizations can be given at the same appointment.

Office hours are 7:30 a.m. to 6 p.m. Monday through Thursday and 8 a.m. to 5 p.m. on Friday.

Did you know?

Here are a few things you may not know about the Hygienic:

- Commercial insurance is accepted for payment as well as cash, checks and credit cards.
- Patients who have the state of Illinois' Medicaid program as their insurer can name the Hygienic as their primary care provider. The Hygienic is a participant in all five of Medicaid's managed care health plans.



- The Hygienic is a department of IVCH. Each of these institutions have been providing health care to the Illinois Valley for more than 100 years.

HAPPY TO HELP:
Appointments are available with Maryfran Crist, FNP; Kara Fess, MD; Jamie Bond, APN; and Yesenia Valdez, MD.



Check it off your list! Make an appointment by calling **815-223-0196**.

Immunization schedule { BIRTH to 18 years }

Vaccines children and teens need

These are general recommendations. Talk with your doctor about what is right for your child.

DTaP = diphtheria, tetanus, pertussis (whooping cough)
Flu = influenza
HepA = hepatitis A
HepB = hepatitis B

Hib = *Haemophilus influenzae* type b
IPV = human papillomavirus
IPV = polio
MenACWY = meningococcal A, C, W, Y
MenB = meningococcal B
MMR = measles, mumps, rubella

PCV13 = pneumococcal
PPSV23 = pneumococcal
RV = rotavirus
Tdap = tetanus, diphtheria, pertussis
VAR = varicella (chickenpox)
*Needed in some cases

Range of routinely recommended ages
Range for certain high-risk groups
Range for catch-up immunizations
Range for non-high-risk groups subject to doctor's advice

BIRTH	MONTHS									YEARS							
	0	1	2	4	6	9	12	15	18	19-23	2-3	4-6	7-10	11-12	13-15	16	17-18
HepB	HepB	HepB	HepB	HepB	HepB	HepB	HepB	HepB	HepB	HepB series							
		RV	RV	RV*									HPV	HPV series			
		DTaP	DTaP	Tdap	Tdap	Tdap	Tdap										
		Hib	Hib	Hib*	Hib	Hib*	Hib	Hib	Hib	Hib	Hib	Hib	Hib	Hib	Hib		
		PCV13	PCV13	PCV13	PCV13	PCV13	PCV13										
														PPSV23	PPSV23		
		IPV	IPV	IPV	IPV	IPV series	IPV series										
														Flu, yearly (1 or 2 doses)	Flu, yearly		
					MMR	MMR	MMR	MMR	MMR	MMR	MMR	MMR	MMR	MMR series	MMR series		
						VAR	VAR	VAR	VAR	VAR	VAR	VAR	VAR	VAR series	VAR series		
														HepA series	HepA series		
																MenACWY series	MenACWY series
																	MenB

Source: Centers for Disease Control and Prevention; Reviewed 2018

High honors for wound care

The IVCH Wound and Hyperbaric Center received a national award for clinical excellence from Healogics, the nation's leading and largest wound care management company.

The Center of Distinction Award recognized the IVCH wound center for achieving outstanding clinical outcomes for 12 consecutive months. Criteria for earning the award include achieving a wound healing rate for the center's patients of at least 91 percent in less than 31 days and having a patient satisfaction score higher than 92 percent.

"Over the past year, your wound center has demonstrated a superior commitment to excellence for our patients," said David Bassin, Healogics chief executive officer, in notifying IVCH of the award.

Your go-to for healing

The announcement coincides with the wound center's fifth anniversary. IVCH opened the center in 2013 to provide care for chronic and slow-healing wounds. The center saw nearly 400 new patients last year and has treated more than 1,500 patients since it opened, according to Jill Smoode, RN, clinical program director.

The IVCH center is the only wound clinic along the I-80 corridor in Illinois that offers hyperbaric oxygen therapy.



Clinical excellence award: Larry Ketner, DPM, and Tom Curry, MD, with Healogics representative Melissa Ellis-Raydo.

Looking for a new doctor? 5 questions to ask yourself

Everything is easier with teamwork, including protecting your health.

That's why it's important to have a doctor you trust. You'll have someone to turn to when you're sick. And you'll also have a partner who can help you stay well.

When deciding on a doctor, ask yourself:

- 1**

Is the doctor in my insurance network? If not, out-of-pocket expenses may be greater.
- 2**

Is the doctor's office conveniently located? And will the office hours work for me?
- 3**

Is it hard to get an appointment? IVCH Medical Group offices have simplified the appointment process. **See pages 8-9 for details** and the back cover for IVCH provider numbers.
- 4**

Which hospital does the doctor use? Make sure it's one you're happy with.
- 5**

Am I comfortable with the doctor? Try to get a sense of whether the doctor will be easy to talk with, spend enough time with you and explain things in ways you understand.

Sources: American Academy of Family Physicians; National Institutes of Health

A primary care provider can help make sure your physical and emotional health stay in balance. **If you don't have a provider, see the back cover for a list of IVCH provider phone numbers.**

Choosing to **breastfeed**

So many good reasons why...

Benefits for moms:

- Helps women heal after childbirth.
- May lower health risks in mothers, including for type 2 diabetes, ovarian cancer and certain types of breast cancer.
- Releases the feel-good hormone oxytocin, which can have a calming effect for moms.

Benefits for babies:

- Provides antibodies that protect infants from illness.
- Reduces the risk of sudden infant death syndrome (SIDS).
- Lowers health risks in childhood and beyond, including for asthma, obesity and type 2 diabetes.

Breast milk:

- Is easier for babies to digest.
- Adjusts to meet a baby's changing nutrition needs.
- Saves families money and time.



We're here to help. If you have questions before or after you go home, call our certified lactation counselor, Melissa Lenhausen, RN, CLC, at **815-780-3860**.



Sources: American Academy of Pediatrics; American College of Obstetricians and Gynecologists; Office on Women's Health

INSPIRED BY THE POWER *of* POETRY

MIDWIFE JACQUELINE MA RETURNS TO HER RURAL ROOTS

JACQUELINE MA, BSN, RN,

was attending Northern Illinois University (NIU) when she chanced upon life-changing poetry.

It was from the pen of Latin American poet Gabriela Mistral, whose work included verses about mothers and babies and giving birth. One thing in particular struck Ma about the poetry: She learned that the Spanish phrase for giving birth—*dar a luz*—in English literally means to *give light*. The powerful image moved her. You could even say it lit the way for a career path to follow. Ma was then a Spanish translation major considering switching majors.

"I thought, I have to learn about this," she recalls. "I have to learn about birth, because that is amazing. So I started reading all these books."

One book was about becoming a midwife. "I thought, that is what I have to do," Ma says.

So Ma began studying nursing and eventually became a labor and delivery nurse. Today she is Illinois Valley Community Hospital's (IVCH) newest certified nurse midwife.

A Midwest return

Ma arrived at IVCH in June. But she has deep Illinois roots, being from tiny Swedona.



Women's Health Care Center midwives, from left: Barbara Tieman, Dana Hoffman, Brittany Lange and Jacqueline Ma.

"It was great growing up there," she says. "I loved having a childhood where I could be outside."

After nursing school at NIU, Ma spent five years working as a labor and delivery nurse in Illinois and Washington State. She recently completed a doctoral degree in nursing from the University of Washington. As part of her clinical training, she worked in Seattle at a federally qualified health center for the underserved.

"I took care of women from many different cultures and backgrounds and walks of life," she says.

Ma enjoyed living on the West Coast, but is glad to be near family and friends again. And she doesn't miss the big-city traffic. "I like the view of cornfields and beautiful sunsets," she says. "And the stars look brighter here."

How a midwife can help

Midwives are best known for providing prenatal care and delivering babies. But that's not all they do.

"That's one of the more exciting things we do—we get to build relationships over time and be with women and families on a special day in their lives," Ma says. "But we also take care of women's health concerns throughout the lifespan."

For example, midwives perform routine well-woman exams, treat many gynecologic problems and prescribe medicines. They support and help women of all ages make informed health care decisions.

"All women deserve a competent, caring and compassionate provider to care for them," Ma says.



3 quick facts about Jacqueline Ma

1. She worked in a health care clinic in Mexico.
2. She speaks Spanish.
3. She enjoys baking, yoga and hanging out with her husband and their three rescue pets.



To make an appointment with Ma, call **815-223-2944**.

The DOCTOR

ARE YOU LOOKING for a primary care doctor? It's important to have someone to see you on a regular basis—whether you're looking to prevent a health problem or manage one.

And whether you're new to the area or changing doctors, getting connected with a primary care provider (PCP) in a timely manner just got a lot easier.

That's thanks to a newly improved appointment process at Illinois Valley Community Hospital (IVCH). Among other things, IVCH primary care practices have opened up more slots so that new patients can see a provider without a long wait, says Jim Schaefer, vice president for physician services at IVCH. For the most part, the changes have taken place behind the scenes. But if you're a new patient, you'll notice.

"It has allowed us to make it easier and quicker to get our patients scheduled with a physician who meets their needs," Schaefer says.

What to expect

IVCH has more than a dozen primary care physicians and almost as many mid-level providers. Scheduling an appointment with one of them starts with a call to any Illinois Valley Medical Group provider's office. The

receptionist will gather some basic information to help get things started. Next, the office will call you within 24 hours to set up your appointment. And then the goal is to see you within 18 business days of your initial phone call. If you want, a reminder of your upcoming appointment will be sent right to your cellphone.

Seeing you sooner rather than later is part of IVCH's commitment to meeting the community's expectations, says Clarissa Barto, office manager of the Peru Medical Clinic, one of several IVCH clinics.

"We want people to feel like they're

not just a number to us," Barto says. "We want them to know that we're dedicated to seeing them, that they're welcome to our clinic and they're going to be a part of our patient family."

A few other things you may want to know: IVCH is always accepting new patients and accepts all types of insurance. And if the provider you request can't see you within 18 days, IVCH can offer an appointment with another provider who can see you sooner.

"And they're all great providers," Barto says.

Connect online

When your appointment is scheduled, you can sign up for the IVCH Medical Group online patient portal. The portal is an easy way to communicate with your provider's office.

For instance, once you have become the patient of an IVCH physician, you can use the portal to:

- Request or cancel appointments.
- See a summary of your recent office visit.
- View lab work and other test results.
- Ask your provider a question.
- Update your address and contact information.

What to bring to your appointment

You'll be asked to bring a few things to your visit. This will include registration and medical history forms that can be mailed to you ahead of time or printed from your online portal account. Filling these out before your visit will save you time. Also, remember to bring a photo ID, insurance



Get in touch— it's easy!

To find an IVCH provider and schedule an appointment, visit ivch.org. Choose "Find a Physician" to search for providers.

You can search by specialty—for instance, "family medicine" or "internal medicine." Or choose "Find a Location" to find a doctor's office near you.



Oglesby/Utica office manager Heather Becker (standing) and Kendra Taylor, CNA



Peru Primary Care office manager Mary Insko

will



Receptionist Christa Urbanski greets Mickey Hein of Oglesby at the Peru Medical Clinic. "It's not hard to make an appointment," says Hein. "And they didn't ask 'Why do you want to come in?' or 'Why are you switching?'"

card and any copay to your appointment.

One of the most important things to bring? Any medications you're taking, both prescription and over-the-counter products. It's best to bring the actual medicines, in their original containers, rather than just a list.

There are important reasons why your provider will need to know about everything you're taking. For one, some drugs can interact with other drugs. This can cause side effects or make your medications less effective.

"If the doctor needs to change a medication or add a medication, he or she will need to make sure it's not going to react to something you're already on or double up on something you're already taking," Barto notes.

Count on prompt care

Need care right away? That's gotten easier too. In fact, your provider's office may be able to see you the same day, Barto

says. Many IVCH providers have extended hours. And if you can't see your regular doctor right away, chances are a mid-level provider (a nurse practitioner or a physician's assistant) can see you at your doctor's office. These highly qualified providers are members of your care team. And they work together with your physician.

"When you see a mid-level provider, you're getting to see the care team that you're comfortable with," Barto says. "You're seeing people you know."



Call any of our friendly, family-centered clinics for an appointment.

IVCH Primary Care Clinics are accepting new patients

Adult Medicine Clinic

Lyman Tieman, MD
Hussein Zaiorr, MD
815-223-6443

Hygienic Institute

Kara Fess, MD
Yesenia Valdez, MD
Jamie Bond, APN
Maryfran Crist, FNP
815-223-0196

LaSalle Medical Clinic

Ricardo Calderon, MD
Melissa Strom, FNP
815-220-7170

Oglesby & Utica Medical Clinics

Kelly DeBoer, MD
David O'Donnell, DO
Patricia Blackburn, PA-C
Angela Massutti, FNP
815-883-3588

Peru Medical Clinic

Mario Cote, MD, FACP
Todd Kuzma, PA-C
815-223-3500

Peru Primary Care Clinic

Mark Fernandez, MD
Anju Patel, MD (pediatrics)
Michelle Vasquez, MD
Elizabeth Birkey, CNM, FNP-C
Jennifer Olesen, FNP
815-223-9214

Streator Medical Clinic

Damodara Karkera, MD
Indra Pal, MD
815-673-1565

see you soon

MAKING AN APPOINTMENT IS EASIER THAN EVER

Want lasting weight-loss results? Take it slow

What's on your plate?

A healthy eating plan for weight loss combines fewer calories with more nutrition, according to the National Institutes of Health (NIH).

You can achieve both with a diet that:

Emphasizes fruits, vegetables, whole grains, and low-fat or fat-free dairy products.



Includes lean meats, poultry, fish, beans, eggs and nuts.



Limits saturated fats, trans fat, cholesterol, salt and added sugars.



Controls portion sizes.



You should aim to lose between 1 and 2 pounds per week, experts at the NIH recommend. It's both a healthy and realistic goal. For many people, that requires eating 500 to 1,000 fewer calories daily.

One trick that works for many people: Keep a record of everything you eat. It may help you spot problem areas in your diet.

IVCH Real Results is a great first step

Looking for a program that emphasizes all of these key components to weight loss? Try IVCH Real Results, a weight management plan for those who want to change their lifestyle and dietary habits for good.

The class meets weekly for eight weeks at the IVCH Center for Rehabilitation and Aquatics in Peru. Registered dietitians provide classroom-style

education on nutrition topics, psychological factors that influence eating behaviors, the role of exercise, building self-control and maintaining your desired weight long-term.

As part of the \$150 fee, participants also receive a body composition analysis at the beginning and at the end of the class.

IT MAY BE TEMPTING to try something exotic and short-term for fast weight loss—an all-kumquat diet, perhaps, or a one-weekend exercise marathon.

But it wouldn't be healthy, and any weight you lost would probably be back in a heartbeat.

If you want to lose weight, a long-term program of healthy eating and exercise is still the best method around. It's not new, and it may not be the fad of the moment. For most people, however, it works.



LEARN FROM EXPERTS: Dietitians and nutrition consultants leading the Real Results program include, from left: Brittney Moutray, Miranda Reinhardt, Alyssa Salz and Elyse Boroski.

Time to get active

Exercise is good for you in so many ways. Of course, it helps you manage your weight by burning calories. It also:

Lowers your risk for heart disease, diabetes and other chronic conditions.

Strengthens your lungs and muscles.

Improves your sleep.

Most adults should aim for 30 to 60 minutes of moderate physical activity on most days of the week to meet weight-control goals, according to the NIH. But the more you exercise—and the more vigorous it is—the better.

Make sure to talk with your doctor before beginning a new exercise program.

The next series of classes begins Wednesday, Sept. 26. Call **877-650-5612** for details or go to **ivch.org**.

Let us help you RELAX

DID YOU KNOW the IVCH Center for Physical Rehabilitation and Aquatics next to the Illinois Valley YMCA in Peru offers massage therapy five days a week?

Our therapists will work with you to identify your needs and design a massage experience that will leave you fully relaxed and refreshed. We offer the following services:

Swedish-style massage

A gentle manipulation of the muscles to help increase circulation, release toxins and help ease muscular tension.

Prenatal massage

A soothing massage to help decrease the discomfort of pregnancy. Research has shown that getting regular massages during your pregnancy can help decrease blood pressure and stress, benefiting both mother and baby.

Hot stone massage

A comforting and healing massage where heated stones of varying sizes and weights are settled comfortably onto body contours. Oiled, heated stones are then used in flowing strokes to melt tension throughout the whole body.

Chair massage

Enjoy the benefits of therapeutic touch without taking a large bite out of your day or pocketbook. You remain clothed and are seated in a massage chair and your therapist focuses on site-specific massage.

Oncology massage

A massage modified to safely work with complications of cancer and cancer treatments. Your therapist will take a detailed health history and tailor a massage that will benefit you the most while on your cancer journey. IVCH massage therapists offer complimentary massages at the Valley Regional Cancer Center in Peru while clients are undergoing treatments.



Amy Stash, LMT, and Staci Pruitt, LMT

We offer a 10 percent discount to YMCA members and a 20 percent discount to IVCH employees and clients who are currently being treated at the Valley Regional Cancer Center. Gift certificates are available.

You can schedule an appointment by calling **815-780-3509** or by stopping in at the rehab center. Go to **ivch.org/massage** for information about charges.



IVCH Center for Physical Rehabilitation and Aquatics

310 Walnut St., Peru, IL 62354
815-780-3509



IVCH Streator Rehab Services

501 Oakley Ave., Streator, IL 61364
815-673-1255

Hit the ground running this fall

2018 IVCH Fall Fitness 5K
Saturday, Oct. 13, 9 a.m.
Washington Park in Peru

All proceeds go to the IVCH Foundation
Sponsored by the IVCH Center for Rehabilitation and Aquatics
Race features:

- Starved Rock Runners Circuit Race, Certified, flat course, and team competition.
- T-shirts for the first 200 registered participants.
- Entry Fee: \$20 if received before Oct. 9, 2018; \$25 after (including on race day).

To register, go to **runsignup.com/ivch5k**.

Coming to your mailbox soon:

New Medicare cards

Here's some important news if you have Medicare: You'll be getting a new Medicare card in the mail, if you haven't already. Medicare started mailing the new cards in April of this year and is expected to have them to all Medicare recipients by April 2019.

You might be wondering how your new card will be different and what kind of effect it will have on your Medicare benefits. The most important thing to know: Your new Medicare card does not change any of your coverage or benefits.

What's different about the new cards?

Your Medicare card will no longer display your Social Security number. Instead, your card will show a new Medicare number—an 11-character combination of numbers and letters that has been assigned to uniquely identify your personal account.

The change comes as part of a fraud prevention initiative by the Centers for Medicare & Medicaid Services (CMS). By removing Social Security numbers from Medicare cards, CMS hopes to better protect people with Medicare from identity theft and safeguard taxpayer money.

4 tips for using your new Medicare card

- 1 Be patient with delivery.** New card issues are being staggered between now and April 2019. Don't worry if a friend or neighbor receives their card before you.
- 2 Destroy your old card when your new one arrives.** There's no activation period. You may use your new card as soon as you receive it.
- 3 Protect the information on your new card.** Your new Medicare number is personally identifiable information. Keep it confidential in the same way you would your Social Security number, and only give the new number to doctors, pharmacists, health care providers, insurers and others whom you trust who work with Medicare.
- 4 Hold on to your Medicare Advantage card if you have one.** If you're part of a Medicare Advantage Plan, like an HMO or PPO, keep your plan ID card to use when you need care. Be sure to carry your new Medicare card with you, as well, in case you are asked to present it.

Source: Centers for Medicare & Medicaid Services



Illinois Valley Adult Day Center (ADC) client Louis Amsburg shares a smile with Shawn Hawton, RN. Call **815-223-0891** for more information about the ADC.

How to choose an assisted living facility

The U.S. Administration on Aging offers the following advice to help you and your loved one find an appropriate assisted living facility:

- Look around. Visit more than one facility. And visit each facility more than once.
- Visit during meal times, and sample some food.
- Talk to the residents.
- Watch how the residents and staff interact.
- Ask for a written statement of the facility's philosophy of care.
- Find out what kinds of social, recreational and spiritual activities are offered.
- Review licensing reports.
- Ask about retention policies. What sort of mental or physical disabilities would require moving your loved one to a different facility?
- If the facility is connected to a nursing home, ask for information about it too.
- Call your state's long-term-care ombudsman. Ask about complaints filed against the facility. Call the local Better Business Bureau too.

IVCH Calendar



Events, screenings and classes coming up at IVCH in the weeks ahead, sponsored by the IVCH Community Outreach Department

IVCH Prenatal Classes

IVCH 6th Street office building 1305 6th St., Peru (just east of the emergency department entrance) Taught by IVCH obstetrics unit nurses, our series of four prenatal classes for expectant parents is offered monthly, except in December. The classes include: Prepared Childbirth Class Part 1; Prepared Childbirth Class Part 2; Breastfeeding and a tour of the IVCH obstetrics unit; and Baby Talk & Infant CPR, a class about baby care and infant safety. Registration is encouraged. Call **815-780-3860** or preregister online at ivch.org.

- **Wednesdays, Sept. 5, 12, 19 and 26**
- **Wednesdays, Oct. 3, 10, 17 and 24**
- **Wednesdays, Nov. 7, 14, 28 and Dec. 5**

CPR & FIRST AID CLASSES

IVCH Center for Physical Rehabilitation and Aquatics, 310 Walnut St., Peru (next to the Illinois Valley YMCA) Call **815-780-4642** to register or register and pay the fee online at ivch.org.

Healthcare Provider CPR

\$50.

- **Tuesday, Aug. 28, 1 to 4:30 p.m.**
- **Wednesday, Oct. 17, 5:30 to 9 p.m.**
- **Thursday, Dec. 6, 1 to 4:30 p.m.**

Heartsaver CPR/AED (non-medical)

\$35.

- **Wednesday, Oct. 3, 5:30 to 8:30 p.m.**
- **Thursday, Nov. 15, 1 to 4:30 p.m.**

First Aid Class (non-medical)

\$35.

Thursday, Aug. 9, 6 to 9 p.m.

"Mom, My Body's Changing"

Thursday, Aug. 30, 6 to 7:30 p.m.

IVCH Room at Peru Mall

Our annual program for middle school girls and their moms about health, fitness and self-esteem.

\$5 fee per person includes a light meal.

Call **815-780-4642** to register or sign up online at ivch.org.

Special Prostate Cancer Screening

Monday, Sept. 10, 4:30 to 5:30 p.m.

Who should be screened?

- All men age 50 and above not under a urologist's care.
 - Men age 40 and above with a family history of prostate cancer.
 - African-American men starting at age 40.
- \$25 fee includes digital rectal exam, PSA blood test and processing.

Call **815-780-4642** for an appointment.

Screening sponsored by Illinois Urologic Health Surgeons

Foundation Golf Scramble!

Friday, Sept. 14

Turn to page 15 for more information.

Healthy Heart Screening

\$30

Friday, Oct. 12, 6 to 10 a.m.

IVCH Center for Physical Rehabilitation and Aquatics

310 Walnut St., Peru (next to the Illinois Valley YMCA)

Check your risk for developing heart disease. The screening includes:

- A complete lipid profile (including ratio between HDL and LDL cholesterol.
- Measurements of your blood sugar and triglycerides.
- Blood pressure and weight check.
- Conversation with an IVCH nurse about what your results mean.
- Results sent to your doctor.

Call **815-780-4642** to register or sign up at ivch.org.

2018 IVCH Fall Fitness 5K

Saturday, Oct. 13, 9 a.m.

Turn to page 11 for more information.



Everyone who attends the Aug. 30 Mom & Me program ("Mom, My Body's Changing") will receive a free lunch bag.

IVCH Auxiliary donates \$34,000 to hospital



Emergency room supervisor Carolyn Clayton shows IVCH Auxiliary president Allison Rooney (right) and immediate past-president Jan Vogelgesang how the Lucas CPR device works.

A good year for the IVCH Auxiliary is a good year for the hospital. Money raised through auxiliary fundraisers purchased more than \$34,000 worth of medical equipment for IVCH in the past 12 months.

Items obtained by the hospital with auxiliary funds during the past year include:

- A Lucas chest compression device kept in the emergency department for cardiac arrest patients who need extended cardiopulmonary resuscitation (CPR).
- A new ultrasound table for the diagnostic imaging department.
- A recumbent stepper machine and pulley weights for use by patients enrolled in the IVCH pulmonary rehabilitation program.
- Three new wheelchairs specially made to transport heavier-than-average patients.
- Medication bags for a trial program underway at IVCH's Peru Medical Clinic. The program aims to see if patients will remember to bring their medications to doctors' appointments if the clinic provides them with a reusable bag.

The auxiliary raises the money it contributes to IVCH through regularly scheduled bake and vendor sales, in addition to annual plant and book sales. Profits from sales in the auxiliary-managed hospital gift shop also help fund the group's hospital grants.

Memorials to the IVCH Foundation

The IVCH Foundation gratefully acknowledges the financial support of the people of the Illinois Valley. The following memorial contributions were received between Feb. 20, 2018 and June 1, 2018:

Thelma Bloomquist

Rod Bloomquist ▲
James and Annette Brandner ▲
Robert and Gale Brandner ▲
Janet Crane ▲
Mr. & Mrs. James and Vickie Scolari ▲
Gary and Kathy Marincic ▲
Nancy Maze ▲
Larry and Martha McKee ▲
Ms. Sheila Powell ▲
Calvin and Norma Tharp ▲

Mabel Vey Brown

Ms. Janet Crane ■

Arthur M. Butler Jr.

Mr. & Mrs. Jim and Marilyn Loveland

Mary Dankenbring

Arline Crowley ■
Mr. & Mrs. Joseph and Martha Dankenbring ■
Mr. & Mrs. Ronald and Kimberly Dankenbring ■
Mr. & Mrs. John and Ruth Pieper ■
The Ribbons ■
M.J. Rombouts ■
Marian Shelton ■

John Hobbs

Dr. & Mrs. Merle Piacenti
Mr. Chad Wolbers

Ramona Iwanicki

Pamela Atilano ■
Mr. Todd Cisneros ■

Rita Kunkel

The Family of Rita Kunkel

Lois Laio

Ms. Louise Kozikowski ●

Joseph Lutes

Mr. & Mrs. J. Davis and Mary G. Small

Harold Oloffson

Mr. & Mrs. Steven and Joan Becker ■
Mr. & Mrs. Randall and Sandra Holaway ■
Marcia and Conrad Hudson ■
Mr. & Mrs. Jim and Jan Larson ■

Mr. & Mrs. Lyle and Brenda Lund ■

The Family of Harold Oloffson ■
Mr. & Mrs. Michael and Doris Smith ■
Kendall and Lori Turner ■

Donald Ribolzi

Gary and Cheryl Biolchini ●
Paul and Donna Biolchini ●
Paula Hansen
Jim and Jill Peters ●

Frank Rusciollelli

The Family of Frank Rusciollelli ■

Jeanette Sexton

Mr. & Mrs. John and Debra Patyk

Non-memorial Contributions

Connecting Point
IVAC Ambassadors

KEY ■ Illinois Valley Hospice ▲ Adult Day Center ● Greening Memorial Scholarship ● Debra Pyszka Memorial Scholarship ✘ Diabetes Center for Education



David O'Donnell, MD, tees off at the 2017 IVCH Foundation golf outing.



Lorena Robinson was so pleased with the cataract surgery she had performed at IVCH by ophthalmologist Gary Finkelstein, MD, that she wrote a poem about it.

There's nothing quite like a round of golf on a fall afternoon, especially when you're on the links for a good cause.

That's why you should mark your calendar for the 2018 edition of the IVCH Foundation Golf Scramble.

Foundation Golf Scramble!
Friday, Sept. 14
12:30 p.m. tee off

Senica's Oak Ridge Golf Club in LaSalle
 \$125 entry fee includes lunch, green fees, golf cart, refreshments and a sponsored tee gift.

Registration information is available at ivch.org. Corporate sponsorships are also available. For details, call Jheri Emmerling, Foundation secretary, at **815-780-4642**.

See you there!

I Can See

I went to bed one night and I couldn't see very well
 The next day the doctor performed cataract surgery on me
 And I could see!

Now, I enjoy the miracle of sight.
 The grass is green, the sun bright
 And I can see the morning light.

The only thing I don't like?
 I can see the wrinkles on my neck
 But what the heck.

At 90, who cares about wrinkles
 When I can read a book
 And even cook.
 I can even drive a car
 But not very far.

Thank you to all who helped
 Restore my sight so I can see.
 The morning light and the stars so bright.

God bless you all.

By Lorena Robinson

Who's on the board?

The 2018 IVCH Foundation Board of Directors are:

- James Weber, president
- Elaine Buckman, vice president
- Pete Loveland, secretary/
treasurer
- Sheryl Churney
- Joe Hogan
- Renee Kim
- Kris Paul
- Bev Sons
- Dale Tieman
- William Vlastnik
- Susan Williams



ORGANIZER EXTRAORDINAIRE: There have been 30 IVCH Foundation benefit balls, and Elaine Buckman has organized every one. At a special luncheon, she received a plaque in recognition of the role she played in the success of the Foundation's top fundraising event through the years. Presenting the award are, (left) Tommy Hobbs, IVCH chief executive officer, and Foundation president Jim Weber.

SPECIAL PROGRAM

Aug. 30: A special program for middle school girls and their moms!

See page 13.



Illinois Valley Community Hospital
925 West St.
Peru, IL 61354

Nonprofit Org.
U.S. Postage
PAID
Pewaukee, WI
Permit No. 921

Accepting new patients

LASALLE

LaSalle Medical Clinic

128 Bucklin St.
Phone: 815-220-7170
Ricardo Calderon, MD
Melissa Strom, FNP

Hygienic Institute

2970 Chartres St.
Phone: 815-223-0196
Kara Fess, MD
Yesenia Valdez, MD
Jamie Bond, APN
Maryfran Crist, FNP

Clinical psychologist:

Ginger Brainard, PhD
Hours:
Monday–Thursday, 7:30 a.m.–6 p.m.
and Friday, 8 a.m.–5 p.m.
NOW ACCEPTING COMMERCIAL INSURANCE

Illinois Valley Adult Day Center

1020 Second St.
Phone: 815-223-0891

OGLESBY/UTICA

Oglesby/Utica Medical Clinics

520 W. Walnut St., Oglesby
2937 N. Illinois Route 178, Utica
Phone: 815-883-3588
Kelly DeBoer, MD
David O'Donnell, DO
Patricia Blackburn, PA-C
Angela Massutti, FNP

PERU

Adult Medicine Clinic

920 West St., Suite 218
Phone: 815-223-6443
Lyman Tieman, MD
Hussein Zaioor, MD

Peru Medical Clinic

710 Peoria St.
Phone: 815-223-3500
Mario Cote, MD, FACP
Todd Kuzma, PA-C

Peru Primary Care Clinic

920 West St., Bldg. B, lower level
Phone: 815-223-9214
Mark Fernandez, MD
Anju Patel, MD (pediatrics)
Michelle Vasquez, MD
Elizabeth Birkey, CNM, FNP-C
Jennifer Olesen, FNP

Illinois Valley Orthopedics

920 West St., Suite 211
Phone: 815-223-2143
Peter Meier, MD
Robert Mitchell, DO
Debra Pyszka, PA-C
Catherine Renk, PA-C

IVCH CareToday

Walk-in clinic for when your doctor is unavailable, located at 310 Walnut St. (next to the Illinois Valley YMCA)

Phone: 815-780-3855

Hours:
Weekdays 9 a.m.–9 p.m.
Weekends 10 a.m.–4 p.m.

IVCH Counseling Services

920 West St., Building B
Phone: 815-780-3696
Kevin McLendon, LCPC

IVCH ENT and Allergy Center

920 West St., Bldg. B, lower level
Phone: 815-223-4400
Jennifer Sangston, AuD
Angela Vezzetti, PA-C
Maher Younes, MD
Stephanie Zuber, PA-C

IVCH Infectious Disease Clinic

920 West St., Suite 218
Phone: 815-780-5399
Hussein Zaioor, MD

IVCH Occupational Health

925 West St. (inside IVCH), lower level
Phone: 815-780-3202

IVCH Sleep Medicine Clinic

925 West St. (inside IVCH), lower level
Phone: 815-223-4400
Ioannis Karkatzounis, MD

IVCH Wound and Hyperbaric Center

1403 Sixth St.
Phone: 815-780-3834
Thomas Curry, MD
Larry Ketner, DPM
Hussein Zaioor, MD

Women's Health Care Center

920 West St., Building B
Phone: 815-223-2944

OB-GYN physicians:

Jeffrey Edwards, MD
Kemoria Granberry, DO

Certified nurse-midwives:

Dana Hoffman, DNP, CNM
Brittany Lange, CNM
Jacqueline Ma, DNP, CNM
Barbara Tieman, CNM

STREATOR

IVCH Streator Medical Clinic

104 E. Bridge St.
Indra Pal, MD
Phone: 815-672-0567
Damodara Karkera, MD
Phone: 815-673-1565

IVCH Streator Orthopedics

501 Oakley Ave.
Phone: 815-672-2829
U. K. Sinha, MD



CareToday physician Rahul Sampat, MD (center), with, from left, x-ray tech Jennifer Pickert and registration clerk Kaitlyn Siekierka.

Our OB-GYNs and midwives have office hours at Perry Memorial Hospital in Princeton. Call 815-223-2944.

Searching for a health care provider? Look no further than the IVCH Medical Group, a comprehensive network of primary care, orthopedic and women's health care medical professionals affiliated with Illinois Valley Community Hospital.

Where to Go for Great Care



Medical Group