

Aware

Sarah D. Culbertson Memorial Hospital

Where health care and community come together

Outpatient Clinic Rooms Added

If you have walked into Culbertson Memorial Hospital within the past few months, you probably heard the unmistakable hammering and drilling associated with a construction project in full swing. The dust and noise were the result of a strategy devised by hospital leaders to relocate staff, offices and departments to make way for more outpatient clinic spaces.

Construction crews arrived in fall 2009 and began converting a storage space on the lower level into cubicles to house the medical records department. Once the cubicles were completed and the staff moved into their new space, the construction crews moved upstairs to the original 1921 section of the hospital and began gutting the old medical records office. They divided the space into four private offices that are now the new home for administrative staff.

As soon as those staff members moved, crews began demolition of the registration department to enlarge the space and give patients more privacy when they register. In the meantime, the registration staff, which still had to remain available to patients around the clock, moved down the hall into two former administrative offices. When the registration department project was completed and staff moved into their new territory, crews began transforming the old administrative offices into three new outpatient treatment rooms.

Order Out of Chaos

"You can imagine how confusing the project was," says CEO Lynn Stambaugh. "We all had a hard time remembering where departments and people had moved. However, all that confusion was necessary to create more spaces where specialists can treat outpatients. Statistics show that our patients truly appreciate and take advantage of visiting specialty services, and we had grown those services to near capacity. We knew that if we wanted to continue expanding, we would have to add more treatment rooms. That sounds simple enough, until you actually try to find the additional space. We realized that our only alternative was to relocate offices and staff to make way for patients."

The project was slated for completion in April, just in time to host new orthopedic and sports medicine clinics offered by Drs. Brett Wolters and William Payne, who are associated with the Springfield Clinic.



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"The entire project was all about giving our patients the services they need and want," says Stambaugh. "Of course, patients and staff had to cope with a lot of construction noise and dust, but I heard very few complaints. However, I am sure that our maintenance crew, who had the job of moving every desk, chair and filing cabinet, hope that we all stay in the same place for a while."



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Does Pain Keep You from Walking?

Walking is hands-down one of the best forms of exercise, offering a host of potential mental and physical health benefits. It's easy and – other than the cost of a good pair of walking shoes – free.

Unfortunately, pain in one of the many joints, muscles and tendons involved in walking can sidestep even the most determined walker's routine. A sore back, aching knees, stiff hip, tender ankle or throbbing toe can make taking a stroll difficult. Fortunately, most common injuries are treatable.

Getting a Leg Up on Common Injuries

Here are some injuries and conditions that may have an impact on your ability to walk comfortably:

- **Shin splints.** Common in new walkers, shin splints is pain in the lower leg. It may be caused by overstriding or wearing heels that are too high.
- **Plantar fasciitis.** Plantar fasciitis can cause severe pain and occurs when the tissue connecting the heel bone to the base of the toes becomes inflamed. Walkers who exhibit over-pronation (rolling the foot inward excessively with each step) may be prone to this condition.
- **Achilles tendon injuries.** The Achilles tendon – the thick tendon that connects the heel and foot to the back of the calf muscles – can become inflamed or even rupture due to repetitive stress, an accident or injury, or improper footwear.
- **Knee and hip pain.** Pain in the knees and/or hips may be the result of arthritis, an accident or injury, inflammation or misalignment of the joints.
- **Foot pain.** Bunions, toe fracture or ill-fitting shoes can contribute to aching feet.

These Boots Aren't Made for Walking

One of the simplest ways to prevent walking injuries is to wear comfortable, sturdy shoes that have a low heel and flexible sole. Avoid high heels and shoes that are too tight, too loose or are old and have lost their inner support.

Other tips:

- Stretch your calves and shins before you start your walk.
- Start off slowly and increase walking speed gradually.
- Watch out for cracks, uneven areas or other obstacles on the sidewalk or walking path.
- Be aware of your surroundings and don't wear headphones (they can block out the sound of approaching traffic or bicyclists).
- Dress appropriately for the weather.
- Stay hydrated.
- Walk in a safe place, preferably with a walking partner (or take the dog along for company).

When Pain Interferes

If pain in your joints, legs or feet keeps you from walking, you may need to see an orthopedic specialist who can help find the underlying cause and determine whether a medical or surgical solution is appropriate. Dr. Brett Wolters and Dr. William Payne, who are associated with the Springfield Clinic, offer orthopedic and sports medicine clinics at CMH every other Tuesday and Wednesday. Appointments by physician referral may be made by calling the



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THE BENEFITS OF WALKING

Need a reason to take a walk? Studies indicate that a regular walking program (working up to at least five walks a week of at least 30 minutes each) may:

- Increase your energy level.
- Enhance your mood.
- Lower stress.
- Reduce depression.
- Improve sleep.
- Tone your muscles.
- Help you lose weight.
- Help control blood pressure and cholesterol levels.
- Strengthen your muscles and bones and reduce your risk for osteoporosis.
- Improve fitness and stamina.
- Provide an outlet for socializing.
- Lower your risk of certain diseases, such as type 2 diabetes, breast cancer and heart disease.

Be sure to consult your health care provider before beginning an exercise program.

Sources: National Institutes of Health, www.nih.gov; AARP.com; MayoClinic.com.

CMH Registration Department at (217) 322-4321, ext. 271. A physical therapist can also assess your gait (the way you walk) to see if there are muscular weaknesses that can be corrected through exercise and physical therapy. To learn more or make an appointment, call the CMH Therapy Services Department at (217) 322-4321, ext. 286.

Follow CMH on Facebook

For years, we have said that CMH is a place where community and healthcare come together. Now that CMH has a Facebook page, that tag line is truer than ever. If you are a fan of Culbertson Memorial Hospital, you can prove it by joining other like-minded community members on the CMH Facebook page at www.facebook.com/culbertsonmemorial.hospital. Keep up with our latest news, and comment on useful articles. Become a fan today.



CMH Foundation Golf Tournament Scheduled for June 11

Plans are under way for the CMH Foundation's 6th annual golf tournament scheduled for Friday, June 11. Players will tee off at noon at the Scripps Park Golf Course in Rushville; dinner and awards are scheduled for 4:30 p.m. Proceeds from the 18-hole event will be used to purchase new medical equipment for the lab and radiology departments.

The entry fee is \$60 per person, which includes a brown bag lunch, green and cart fees, a shot at prizes on various holes, and cash prizes for top men's, women's and mixed teams. The deadline for application is Friday, June 4. By pre-registering, you can help avoid long lines at the check-in desk.

To register for the golf tournament, complete the form below and send it with your entry fees to:

CMH Golf Tournament
238 South Congress Street
Rushville, IL 62681

GOLF TOURNAMENT REGISTRATION

Please print clearly.

Name of Team Captain: _____

Address: _____

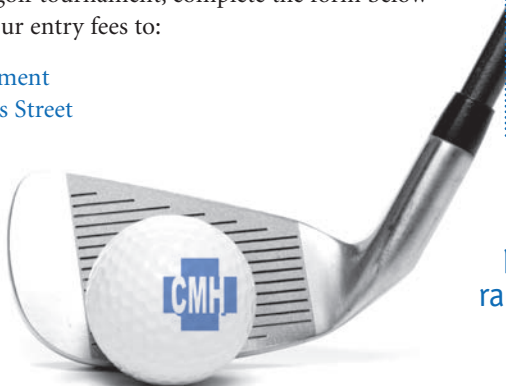
City, State, ZIP: _____

E-mail address: _____

Name of player #2: _____

Name of player #3: _____

Name of player #4: _____



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New Planned Giving Web Site for Foundation

On March 18, the CMH Foundation Board of Directors voted to create a Web site that will help prospective donors learn more about how they can benefit from planned giving. The Web site will educate donors about the various financial plans that can help them support the CMH Foundation and improve their own financial security at the same time. Financial advisors call these creative techniques planned gifts, because with thoughtful planning, donors can turn personal giving challenges into win-win solutions.

“Our planned giving Web site will be an important tool for those who want to consider planned giving,” says Foundation Board President Mark Dohner. “We wanted to give potential donors a tool

that can help them understand the complexities of planned giving in a simple, straightforward way that is not overwhelming. I think the new Web site will meet all our expectations and more.”

Foundation Director Tim Ward is pleased with the design of the new site. “The site will be extremely user-friendly. It will contain tools to help donors obtain as much information as they need to start their planned giving process. For example, the planned giving pages will explain how one gift can return an immediate tax deduction, plus lifetime income for the donor, plus long-term financial support of the CMH Foundation. Therefore, whether you want to make a gift that costs you nothing during your lifetime, or a gift that gives you guaranteed income for life, this Web site is where you will find out how to make it happen. We expect the new site to go live sometime this spring.”

Garry Moreland Joins CMH Foundation Board of Directors

Garry Moreland has been elected the newest member of the CMH Foundation Board of Directors. Moreland was appointed to fill the position left vacant by the passing of his father, Clark Moreland, who was one of the founding members of the organization.

“Garry has some big shoes to fill,” says Foundation Director Tim Ward. “Clark was one of our most dedicated board members. He was always enthusiastic about our mission, and worked tirelessly to help our cause.

“I hope that I can rise to the level of integrity and commitment that the other foundation board members exhibit.”

- Garry Moreland,
CMH Foundation Board
of Directors

We will miss his leadership. However, Garry comes to us with his own set of strengths and we are pleased that he has agreed to join our board.”

“I hope that I can rise to the level of integrity and commitment that the other foundation board members exhibit,” Moreland says.

Moreland is a partner of Moreland & Devitt Pharmacy in Rushville and the Pharmacy Director at Culbertson Memorial Hospital. He received his pharmacy degree from St. Louis College of Pharmacy and has worked in that field for more than 30 years. He is a member of the National Community Pharmacists Association and serves as the Speaker of the House for the Illinois Pharmacists Association. Moreland also serves as a member of the Rushville Little League Board of Directors.

Moreland and his wife, Mary, live in Rushville with their daughter, Julianne, and four sons, David, Jackson, Daniel and Carl.



Garry Moreland, partner of Moreland and Devitt Pharmacy in Rushville and the Pharmacy Director at Culbertson Memorial Hospital, is the newest member of the CMH Foundation Board of Directors.



Culbertson Memorial Hospital Foundation wishes to thank the following donors for their generous support of the following memorial funds, equipment projects and planned giving programs. Donations received after March 31 will appear in our next edition.

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Dr. William Payne



Dr. Brett Wolters

Dr. William Payne and Dr. Brett Wolters offer orthopedic and sports medicine clinics at CMH every other Tuesday and Wednesday.