

Sarah D. Culbertson Memorial Hospital

Aware

Where health care and community come together

A Fond Farewell to CFO Jerry Bartlett

April 30, 2009, marked the end of an era at Culbertson Memorial Hospital. That was the day when Chief Financial Officer Jerry Bartlett retired and passed the hospital's fiscal torch to new CFO Alan Palo. After 34 years of handling nearly every aspect of CMH finances, Bartlett predicted that his last day on the job would be tinged with both sadness and excitement.

"I will look back at my years at CMH with fondness," Bartlett says. "I'm very proud of the role I played in making the hospital as successful as it is today. On the other hand, I'm really looking forward to retirement. My wife and I want to travel, maybe take a trip or two on our motorcycles. We also plan to get our antique furniture restoration business going full-time. I'm still going to be busy, just with different things. I will leave feeling very satisfied."

The hospital Bartlett retired from in 2009 is dramatically different from the one he first walked into in 1971. Bartlett had just finished his stint in the Army as a finance NCO at Fort Campbell, Ky., and was hoping he could find a good job in his hometown where he could settle with his wife, Donna, and raise a family.

His father, William, who served as a trustee on the CMH board of directors, called him to say that the hospital was recruiting for the new position of controller. The elder Bartlett predicted that it would not be long before the little hospital would reach \$1 million in annual revenue, and this might be the perfect job for someone with an accounting degree and some experience under his belt. The younger Bartlett jumped at the opportunity and applied for the job.

"Charlie Berry hired me despite the fact that I had no hospital experience," chuckles Bartlett as he recalls his early days at CMH. "In fact, I had only been in a hospital a few times in my life, and those times were as a patient or visitor.

"In 1969, the hospital had converted what we called the 'West Wing' from a skilled nursing unit into an acute unit. When I came on board, we had 80 acute beds including OB. As unbelievable as it sounds now, sometimes we had 80 patients in our hospital. Almost everything we did was on an inpatient basis. Doctors were trained in this style of care and it was what patients and insurance companies



After 34 years of handling nearly every aspect of CMH finances, Bartlett predicted that his last day on the job would be tinged with both sadness and excitement.

expected. Remember, this was at a time when the average Medicare patient stayed in the hospital for 14 days. Back then, Medicare paid hospitals for the full cost of providing the service, so we were doing well. We kept our Medicare logs in a big ledger that covered an entire desk when it was opened.

"I can remember the day when we got our first copy machine," he continues, "It was 4½ feet square and only made 10 copies per minute. The first computers we purchased operated with two big floppy discs and had little or no memory, but we thought we had hit the big time."

A Witness to the Changing Face of Health Care

Through the years, a combination of technology and government regulations changed the face of health care delivery. The Medicare Prospective Payment System (PPS) nearly crippled small hospitals like Culbertson by capping reimbursement rates. In 2004, CMH converted to a 25-bed critical access hospital that admits an average of five to seven inpatients a day and is once again receiving payments

... continued on page 2



what's
INSIDE?
Vol. 23 No. 1

- 3..... Sleep Disorders Can Lead to Long-term Health Troubles
- 4..... 5th Annual Golf Tournament
- 4..... Develop a Legacy



238 South Congress, Rushville, IL 62681
(217) 322-4321 • www.cmhospital.com



CMH to Offer Free Senior Health Insurance Counseling

Culbertson Memorial Hospital will sponsor a local counselor for the state Senior Health Insurance Program (SHIP) beginning in May. SHIP is a free counseling service provided by the Illinois Department of Financial and Professional Regulation, Division of Insurance, to help seniors with their questions about Medicare, Medicare Advantage, prescription drug coverage, long-term care insurance, supplement insurance and much more. SHIP does not sell or solicit insurance. Instead, it trains counselors throughout Illinois to provide one-on-one help with insurance questions.

Pat Damman, who has more than 30 years of experience working with Medicare patients and is currently the Activity Director at Culbertson Gardens, will be available to assist seniors on the second and fourth Tuesdays of each month beginning May 12. Appointments are preferred and may be made by calling (217) 322-2505.

A Fond Farewell ... continued from page 1

from Medicare for the cost of delivering care. Today, few inpatients stay more than three days at a time. Outpatients account for 85% of the hospital's patient revenues. The "West Wing" has come full circle and is once again a long-term-care unit.

"Technology has come so far during my tenure that it is almost unbelievable," Bartlett reflects. "The hospital owns and operates four medical clinics, three of which will soon have electronic health records systems that will make them nearly paperless. The hospital's long-range IT plans call for it to follow the same path to a paper-free environment in the near future. Our computers are smaller and faster than ever, and we use a powerful health information and patient care system for all our financial and clinical applications.

"Our new Photo Archiving and Communication System (PACS) has helped us nearly eliminate the need for X-ray images on film," he continues. "Doctors can sit at their desks and log on to our system to see a patient's MRI or CT scan. We offer convenient telehealth clinics now, where the patient sits in a room in our hospital and the doctor is in his or her office in Springfield, and the entire encounter is conducted via secure high-tech camera over the Internet.

"We have teleconferencing capability in our classroom, and it is booked so often that we have to reserve the room weeks in advance. Technology has changed everything, but that technology comes at a cost. Today, it costs \$1.3 million a month to operate the hospital.

That little hospital that my father predicted would one day generate \$1 million in one year now produces more than \$29 million in annual revenue.

"One of the frustrations I'll leave with is that the average person in our community is not aware of the depth of services the hospital offers," Bartlett admits. "We continuously promote our services, but we are selling a service that no one wants until they become ill, so it's difficult. I want to remind everyone that this hospital plays a very important part in our community, both medically and economically. We've become successful, thanks in large part to the leadership of our Board of Directors and our CEO, David Sniff. If I were to offer our new CFO any advice, I would urge him to get to know our department managers and our staff because they are the backbone of the hospital."

Bartlett sums up his 34 years at CMH with sincerity and gratitude: "Although it's time for me to step aside, I know I'm leaving the hospital in good hands. My time at CMH may be over, but I was born there, I spent most of my adult working life there, and I will never be able to drive by without wondering how it's doing. A little piece of me will always be there."

Sleep Disorders Can Lead to Long-term Health Troubles



A sleep study at Culbertson Memorial Hospital's sleep clinic can help uncover a sleep disorder. If a sleep disorder is diagnosed, a sleep specialist will work with you to design a treatment plan that works for you.

You know that you feel better when you awake from a full, restful night's sleep. But do you realize that sleep problems, in addition to being a drain on your quality of life, can pose serious health threats?

Blood pressure usually falls during sleep, but interrupted sleep can adversely affect this normal decline, leading to high blood pressure, according to the National Sleep Foundation. Sleep disorders are linked to a greater risk of heart attack, stroke, irregular heartbeat and heart failure.

Insufficient sleep also impairs the body's ability to use insulin, which can lead to diabetes. In addition, it can affect the amount of

a hormone linked to obesity that's secreted, increasing the chance for weight gain.

Finally, daytime drowsiness increases the risk for accidents at work and on the road.

If you're not getting adequate sleep, you're not alone. About 70 million – or more than one in five – Americans suffer from sleep disorders.* If you or your loved ones suspect you may have a sleep disorder, talk with your health care professional. (A bed partner may be more aware of a problem than you are!) Most sleep disorders can be managed effectively once they are diagnosed.

* Source: Cleveland Clinic, <http://my.clevelandclinic.org>.

Take This Simple Test ARE YOU DROWSY DURING THE DAY?

The Epworth Sleepiness Scale, which is commonly used to help detect sleep disorders, assigns a score to your level of daytime sleepiness. Use the following scale to choose the most appropriate number for your chance of dozing in each situation. If your score is 10 or higher, discuss your sleepiness with a doctor. You may benefit from having a sleep study.

- 0 = no chance
- 1 = slight chance
- 2 = moderate chance
- 3 = high chance

SITUATION	CHANCE OF DOZING
Sitting and reading	_____
Watching TV	_____
Sitting inactive in a public place	_____
Being a passenger in a car for an hour or more	_____
Lying down in the afternoon	_____
Sitting and talking to someone	_____
Sitting quietly after lunch (no alcohol)	_____
Stopped for a few minutes in traffic while driving	_____
Total (add the scores)	<input type="text"/>

NOT ENOUGH ZZZS? COMMON CULPRITS

Sleep apnea. People with sleep apnea experience pauses in breathing while asleep that last from several seconds to more than a minute. These may occur five to 30 or more times an hour, and are often associated with loud snoring. Apnea sufferers sometimes gasp, snort or make a choking sound when breathing resumes. The breathing disruptions interfere with the deepest and most restorative levels of sleep.

Restless legs syndrome (RLS). If you have this disorder, you may not notice it, but your bed partner does. RLS causes unpleasant crawling, prickling, burning or tingling sensations in the legs and feet when at rest and an almost irresistible urge to move them for relief. RLS can make it difficult to fall asleep and stay asleep.

Narcolepsy. A person with narcolepsy is likely to become drowsy or to fall asleep at inappropriate times and places. These "sleep attacks" can last from several seconds to more than 30 minutes and may occur even if the person has had a normal amount of nighttime sleep. The disorder, or at least a predisposition to it, is usually hereditary, but it is occasionally linked to brain damage.

Insomnia. Almost everyone has occasional insomnia, which is marked by difficulty falling or staying asleep or waking up too early. Stress, jet lag, temperature extremes, noise and medication side effects are common culprits. If insomnia is chronic (occurring most nights and lasting a month or longer), one of the sleep disorders listed above or some other underlying physical or mental disorder may be the cause.

5th Annual Golf Tournament Scheduled for June 12

Can this really be the 5th year for our golf tournament? It seems like only yesterday that we were scrambling to get our very first golf event up and running. Now, thanks to active community support and a great planning committee, the tournament comes together like a well-oiled machine.

If you have never participated in our golf tournament, you might want to sign up early. As the date gets closer, we usually have to start turning teams away. If you don't play golf, but want to support this great event, we have several levels of participation that will fit almost anyone's pocketbook.

Remember, the CMH Foundation and Dr. Russell Dohner Golf Tournament will begin at noon on June 12 at the Scripps Park Golf Course. Your \$60-per-person entry fee includes dinner, green and cart fees, a shot at prizes on various holes and cash prizes for top men's, women's and mixed teams.

To sign up or to get more information, contact Tim Ward at (217) 248-7511 or Barry Beck at (309) 329-2768.

Entry fee includes dinner, green and cart fees, a shot at prizes on various holes and cash prizes for top men's, women's and mixed teams.



From Tim Ward, Culbertson Memorial Foundation Director

Develop a Legacy

At family get-togethers, Bill always likes to bring his old, trusty camera. The younger family members with their tiny digital and cell phone cameras always get a kick out of the vintage machine. The grandchildren especially are surprised to see how Bill has to open the camera and load it with film. He likes to tease them by asking them to find the view screen since there isn't one. Even though Bill can afford a newer camera, he likes film because of the anticipation of waiting to see what develops.

When the grandchildren ask about the camera, they wonder how it hooks up to the computer. There are no portals or cables. He tells them he buys film at the drugstore and then takes it back to develop it. This completely puzzles them and they can't appreciate the time it takes to process the images.

Bill often takes some of the grandchildren with him to pick up the photos. He explains that some things are worth waiting for. And because he can only take 36 photographs on



one roll, he is more careful with the pictures he takes. Each one is a portrait.

Like Bill, we know the value of waiting to see what develops. We encourage those who support our cause at Culbertson Memorial Hospital to include our mission in their wills and estate plans. Although it may take years and decades, the portrait only grows richer. Let us help you create your legacy. We can work with you to include a gift to our mission through *Sarah's Society*. Please contact me for more information at (217) 248-7511 or tward@sdcmh.org.



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.

In Memory of Richard Barron

RHS Class of 1963

In Memory of Betty Bollhorst

Dan and Lisa Adams

Charles and Martha Clayton

Pat Clayton

Joe and Betty Degroot

Mark and Debby Edwards

Russ and Kay Gardner

James and Nancy Greene

Phillip and Barbara Haney

Billy and Betty Hawkshaw

Jack and Dixie Kelly

Jim and Pam Kelly

Gary and Joann Kennedy

Marcella Kennedy

Richard and Linda King

Robert and Nancy Krejci

Harold and Barbara Kuhlmann

McGovern and Sons

Terry and Lynn McGovern

Don and Daren Menge

Dorothy Menge

Mr. and Mrs. Don Moy

Richard and Marilyn Pilger

Mary Pitrat

Kevin and Cindy Shelts

Maxine Shelts

Judy Smart

Dana and Diane Stevens

Lois Stevens

Bob and Linda Weishaar

In Memory of Gloria Dace

RHS Class of 1963

In Memory of Beulah Dohner

Bob and Melba Baker

Tom and Doris Baker

William and Margie Bartlow

Matthew and Stacy Bierman

Jeanne Biswell

Gary and Barbara Bray

Spencer and Doris Brown

Ronald and Doris Cook

Maurie and Kathy Cox

Mark Dohner

Dr. Russell Dohner

Bryan and Patti Forbes

Mary Gerdes

Al and Mary Margaret Harris

Josh and Aaron Hayes

Tom and Sue Hayes

Dick and Karen Helmers

Garry and Marilyn Johnson

John Maguire and Suzanne Boussard

Cindy Mason

David and Bea Meeker

Sheridan and Lu Miller

Linda Nicot

Kerry and Rebecca Nielsen

Allen and Patti Pasquesi Nemeč

Bill and Nancy Porter

Marvin and Phyllis Rutledge

Wandalee Shields

Bill and Irene Schisler

Nancy Schisler

Al and Jacqueline Waters

Wyman and Roberta Whipple

Bill and Sara Wills

Ada Wilson

Frances Wright

Bob and Debbie Young

In Memory of Vince Heinz

Dan and Lisa Adams

Rex Andrews and Janet Mihalovic

Karyn Ashmore

Jerry and Donna Bartlett

Jeff and Gina Billingsley

Larry and Bonnie Billingsley

Boehm's Garden Center

Robert and Londa Bollinger

Todd and Elaine Boyd

Dr. Susan Burge

Gene and Rita Clayton

Pat Clayton

Bob and Dee Crouse

Betty Curl

Steve Dekock Agency

Jim and Tanya Devitt

Dr. Russell Dohner

Brad and Dina Ealy

Everett and Susan Easley

Jeff and Cindy Ervin

Chet and Lori Esther

Pete and Doug Fulks

Gary and Cindy Hannant

Harold and Luella Hedden

Kerry and Mary Louise Ingles

Dr. and Mrs. S. K. Kanthilal

Sid and Susie Kettering

Debbie Kliffmiller

Dorothy Lamb

Maurice and Betty Langner

Jack and Phyllis Peak

Don and Karen Phillips

Rick and Luan Phillips

Virginia Prather

Stan and Teresa Rebman

Roger and Jodie Ritchey

Larry and Betty Roberts

Bryce Robertson

Rushville Moose Lodge #506

Marvin and Phyllis Rutledge

Maxine Sargent

Dr. John Schmale

Barry and Sue Settles

David and Kym Simpson

Marva Simpson



There's No Place like Home

Christy Sims
Sid and Martha Smith
David Sniff
Kelly and Lynn Stambaugh
Robert and Ruth Teel
Jon and Lorrie Thurman
Richard and Kathy Utter
Betty Ward
Richard and Linda Ward
Ione Wells
Mariolyn Wheeler
Mike and Lou Ann Winston
Joan Woodworth
Tim and Carolyn Wright
Dwight and Sheila Yockey

In Memory of Betty Hermon

F. Don Boehm

In Memory of Inez North

John and Cookie Foote

Pam Heinz

Donald and Vicki Peebles

Robert and Linda Wilson

In Memory of Michael Orr

Richard and Mary Dixon

Larry and Nancy Lashbrook

Martha Rockwell

In Memory of Hershel Reeves

Larry and Judy Armstrong

Jerry and Donna Bartlett

Larry and Bonnie Bartlett

Richard and Mary Ann Bartlett

Ted and Wanda Bartlett

Shirley Bassham

David and Denise Blackburn

Gene and Rose Blackburn

John and Marjorie Browning

Gene and Rita Clayton

Jane DeWitt

Alice Drake
Jim and Jeannie Ervin
E. Kay Fitzjarrald
Corrie and Ronda Fried
Al and Pauline Hagaman
Alvin and Barbara Hamilton
Doug and Madelyn Kettering
Richard and Linda King
Charles and Jeanie Kirkham
Robert and Patricia Lantz
Don Lerch
Pat Leverton
Jack and Phyllis Peak
Kermit Schramm
Jim Shelts
Keven and Cindy Shelts
Jon and Lorrie Thurman
Tim and Carolyn Wright

In Memory of Sharon Rhoades

Marlene Spears

In Memory of Evelyn Rittenhouse

RHS Class of 1963

In Memory of Doris Shaver

Bide and Mary Nell Thomas

Anesthesia Machine Fund

Mr. and Mrs. Anthony Ashenhurst

Jerry and Donna Bartlett

Clarice Bartlett

Jan and Blake Devitt Matching Gift from
Baxter International Foundation

Ronnie and Carol Greer

Dick and Myrna Powell

Clinical Radiologists

Chemotherapy Hood Fund

County Market

Sarah's Stars

Rushville Lions Club

Caring for the community is our mission at Culbertson Memorial Hospital. Our well-trained physicians and other health care staff members stand by 24/7 to provide compassionate care with the latest medical treatments and technology.

Culbertson Memorial Hospital Foundation raises essential philanthropic dollars that enable us to fulfill this mission. Hundreds of individuals and organizations make gifts every year that benefit patients at the hospital. These gifts help purchase cutting-edge equipment, allow the hospital to expand as needed and fund specialized training – all right here in our community.

Close-to-Home Advantages

For many serious life-threatening events – such as heart attack, stroke and trauma injury – time is of the essence when it comes to receiving medical care. Close-to-home care has the potential to save lives and provide follow-up treatment that is easily accessible. Even keeping up with routine care, such as annual exams, screenings and vaccinations, is easier when you visit local providers.

Generously Giving Back

Giving back for all of these community benefits is only natural for the many individuals, corporations and organizations that already make generous gifts to the hospital each year. The CMH Foundation connects you with meaningful opportunities to show your support. Gifts of all sizes help provide exceptional care to all patients.

Help Make a Difference

With your help, CMH will continue to make a tremendous difference in our community. Here are just a few of the ways you can help:*

- Sending a personal check.
- Making a gift of stock or real estate.
- Remembering the hospital in your estate plan.

If you have questions or would like more information about supporting Culbertson Memorial Hospital, please call (217) 248-7511.

* Donations may be tax-deductible. This organization does not provide tax advice. Please consult your tax advisor for specific details.