

Aware

Sarah D. Culbertson Memorial Hospital

Where health care and community come together

Mammography: Experience the Digital Difference

Digital breast cancer screenings provide a tremendous health benefit because they can detect cancer at the earliest and most treatable stages. In fact, the five-year survival rate is 97% when breast cancer is caught early. Most important, digital mammography can improve accuracy in annual mammography screenings. That is why Culbertson Memorial Hospital made the decision to add digital mammography to our list of comprehensive diagnostic services.

Improved Accuracy and Speed

Traditional mammography uses film to capture X-rays of your breasts. Digital mammography does not use film, instead it records digital images that are much more detailed than traditional mammograms and saves them in a computer system. A radiologist can then adjust these digital images and zero in on suspicious or concerning areas. Digital mammograms are remarkably fast, providing crystal-clear images in just a few seconds. Digital mammography also presents less cause to worry about repeat radiation exposure because it emits a lower average radiation dose than traditional mammography. The digital capabilities allow your physician to store many year's worth of mammograms and easily compare images from past years to note any significant changes.

Another benefit of digital mammography at Culbertson Memorial Hospital is computer-aided detection software that alerts radiologists to abnormal areas that need closer inspection. "Using this state-of-the-art technology allows CMH to give our patients clear, detailed information in less time than with traditional mammography," says Lynn Stambaugh, Culbertson Memorial Hospital CEO. "It is the not knowing, that is the hardest part for every patient. Reducing the time of not knowing is so important to our patient care and allows our patients to move forward with their lives."

Support When You Need It

It's only natural to feel anxious when it's time to have a mammogram. At Culbertson Memorial Hospital, we understand the emotions that go along with getting a mammogram, waiting for results and, if needed, determining treatment. "The technology and expertise at CMH set us apart from most screening centers,"

says Director of Radiology Services Christy Sims, R.T. (R). "Our highly skilled team of specialists provides the most comprehensive and compassionate care in the area, which helps us give our patients confidence and comfort."

ACR Gold Seal of Accreditation

Although the Radiology Department has just begun administering digital mammograms, Culbertson Memorial Hospital has been awarded a three-year term of accreditation in mammography as the result of a recent review by the American College of Radiology (ACR). The ACR gold seal of accreditation represents the highest level of image quality and patient safety. It is awarded only to facilities meeting ACR Practice Guidelines and Technical Standards after a peer-review evaluation by board-certified physicians and medical physicists who are experts in the field. Image quality, personnel qualifications, adequacy of facility equipment, quality control procedures and quality assurance programs are assessed.



CEO Lynn Stambaugh and Imaging Manager Christy Sims, R.T. (L), accepted a check from Carol Merna, District Chief of Staff from Congressman Aaron Schock's office, and Colleen Callahan, Illinois Director, USDA Rural Development, on June 24.

CMH RECEIVES \$170,000 FOR DIGITAL MAMMOGRAPHY SYSTEM

Culbertson Memorial Hospital was selected to receive a \$170,000 grant from the USDA's Distance Learning and Telemedicine Program to help purchase the digital mammogram system. The federal funding is designed to increase education and health care access in rural communities. Agriculture Secretary Tom Vilsack announced that CMH's application was one of 106 projects in 38 states and one territory that would share in more than \$34.7 million in grants.



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Culbertson Memorial Hospital Board of Directors Vote to Close Long Term Care Services

After lengthy evaluation and several discussions between the Board of Directors and Administration, the Culbertson Memorial Hospital (CMH) board voted to submit a Certificate of Need application to the Illinois Health Facilities Planning Board to seek permission to close the hospital's long term care service. CMH has operated its long term care unit since 1985.

"This was an extremely difficult decision for us to make, one we thought about for a long time," says CMH Chief Executive Officer Lynn Stambaugh. "Unfortunately, our long term care unit has been losing money since we converted to Critical Access Hospital (CAH) status in 2004. On one hand, CAH status has helped our hospital remain financially solvent. On the other

hand, the federal government's method of paying for Medicare services causes us to lose hundreds of thousands of dollars annually when we operate a long term care service. When Medicare is your biggest payer, you cannot disregard their policies, even if you disagree with them. Ultimately, we decided that our primary mission is to operate a hospital, and that we must do whatever is necessary to keep that hospital financially viable."

A New Model

Before 2004, CMH was paid under the Prospective Payment System. Under that system, CMH, like other small hospitals in the late 1990s, faced serious financial hardship. Then the CAH option became available. The conversion to CAH benefits CMH about \$900,000 a year. But the

hospital's cost report shows the long term care unit has sustained a six-figure loss since 2005. This loss from long term care, plus the increase in patient bad debt and uncompensated care, has a major impact on the hospital's finances. Many other Critical Access Hospitals across the country have faced the same dilemma and have decided to discontinue their long term care service.

Once approved by the state, the closure of the long term care unit will be conducted in an organized manner, providing affected residents and employees all the information, counseling and options available.

"We have continued our long term care services as long as we could," Stambaugh concludes. "Now, we promise to do everything necessary to make this transition a smooth one."



Flu Season Is Coming. Are You Ready?

Flu is an unpredictable and contagious disease that can lead to hospitalization and even death, especially for people at high risk of serious complications. It is caused by a virus and generally spreads across the U.S. in late fall or winter and tapers off in the spring.

- Avoid touching your eyes, nose or mouth. Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose or mouth. Studies have shown that influenza viruses generally can survive on surfaces such as telephones and doorknobs for between two and eight hours.
- If possible, stay home from work, school and errands when you are sick. You will help prevent others from catching your illness.
- Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick.

Getting a yearly flu vaccine is the first and most important step in protecting against flu viruses. Everyone 6 months of age and older should be vaccinated against the flu, according to the Centers for Disease Control and Prevention (CDC).*

In addition to getting a flu shot, several basic good health habits can help prevent the spread of flu:

- Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them.
- Wash your hands often.

Get Your Flu Shot Now!

Flu shots are available at Astoria Community Medical Clinic, Beardstown Clinic I, Beardstown Clinic II and Rushville Family Practice.

* People who have a severe allergy to chicken eggs, as well as certain other individuals, should not be vaccinated without first talking to their doctors.

Seventh Annual Golf Tournament

Swinging for the CMH Foundation

CMH Foundation's 7th Annual Dr. Russell Dohner Golf Tournament was held on Friday, June 17, at Scripps Park Golf Course. More than \$34,000 was raised during this year's tournament through the support of generous sponsors and the 34 golf teams who participated in the event. Prizes were given for the top men's, women's and mixed teams.



TOP MEN'S TEAM WITH A SCORE OF 57:
Mike Wise, Andy Ebey, Ralph Peacock and Dan Wise.



TOP MIXED TEAM WITH A SCORE OF 61:
Jean Lane, Patty Lane, Jason Lane and Tyler Barr.



TOP WOMEN'S TEAM WITH A SCORE OF 72:
Vicki Green, Linda Elsa, Marge Parish and Sheila Burton.



TAYLOR CLINIC BREAKS GROUND

Through the financial support of Elmer Hugh Taylor and the city of Beardstown, we began construction on our modern, 9,500-square-foot, well-equipped Taylor Clinic, which will serve the Beardstown and Cass and Schuyler County areas for many years to come. The new clinic will be located at 100 West 15th Street in Beardstown.

Pictured from left to right are Carol Merna, District Chief of Staff, Congressman Aaron Schock's office; Joe Friday, PA-C, Culbertson Memorial Hospital, Clinic I; Susan Burge, DO, Culbertson Memorial Hospital, Clinic II; S.K. Kanthilal, MD, Culbertson Memorial Hospital, Clinic I; James Wornyo, MD, Culbertson Memorial Hospital, Rushville Family Practice; Dave Osmer, CMH Foundation Board; Gretta McKelvey, Culbertson Memorial Hospital, Clinic Operations Manager; Lynn Stambaugh, Culbertson Memorial

Hospital, CEO; Linda Forestier, MD, Culbertson Memorial Hospital, Rushville Family Practice; Joe Pyatek, Pyatek Architect, LLC, Engineer; Bill Tolle, Culbertson Memorial Hospital, Board of Directors; Bob Walters, Mayor of Beardstown; Mike Wise, Culbertson Memorial Hospital, Maintenance Manager; Tim Lipp, Laverdiere Construction, Inc., Project Manager; Tim Ward, CMH Foundation Director.

Life's Lessons from Sis



For more than five years, I've been writing articles trying to get people to understand the importance of planning their wills and estate properly, never thinking it would hit so close to home.

Growing up, I naturally looked up to my siblings for advice and support, especially after losing my father at an early age. My eldest sister, Marilyn, who we called Sis,

was the leader of the pack. Not everything that Sis did was truly correct, but she always tried to do what was right for her family and had unwavering support for her brothers and sister. She taught us to believe in ourselves, enjoy life and never take any more than you deserve. She taught us to never leave the house unless your hair was proper, wear clean clothes and always – *always* – lock the doors in the car (that one drove me nuts).

This past spring, she taught us her biggest life lesson. For the previous two years, Sis had been fighting a brave battle against Parkinson's disease, a degenerative disorder of the central nervous system for which there is no cure. As always, Sis was prepared for a good fight and was determined not to give up. She visited with many specialists, took strong doses of medications and took physical therapy at the Dr. Robert Cox Memorial Therapy Clinic in Rushville. Despite her will and determination, Parkinson's had taken over by mid-April and made her dependent on a ventilator and feeding tube, unable to speak. It was at this point in her battle we realized she had not updated her will, had no power of attorney for health or finances, or named any specific measures to be taken

to refuse, prolong or maintain her life. She had nothing to outline her wishes.

Like many others, it was something she meant to do, but just hadn't got around to yet. Without these measures, it put a tremendous burden on her immediate family in determining what Sis wanted for the remainder of her life. Communications came down to an alphabet board as she tried to spell out her wishes daily. After all options had been considered, her final lesson to us was to accept things we cannot change and to die with dignity. Sis picked the time and day for our final goodbyes and on April 28 at 10 a.m., in the presence of angels, we watched her leave us and finally be relieved of her pain and suffering. She definitely did it her way and Elvis would have been proud.

Unfortunately, too many people die without having a will or trust, or taking the time to update the one they have. Establishing a will or trust is a much easier process than one might imagine. It puts you in the driver's seat of your last days and hours. A simple will and medical directive/power of attorney are easy and cost-effective with the help of your attorney.

In addition, I'd like to encourage you to consider Culbertson Memorial Hospital Foundation as a benefactor in your will/trust. Our health care system is an integral part of the community that we will all benefit from at some point in our lives. You might also consider a memorial in your loved one's name as Marilyn's family did. For more information on how you can leave a legacy at Culbertson Memorial Hospital, please give me a call. I'd be happy to answer your questions and show you how to give a gift to your community that is eternal.

CELEBRATING HEALTH, HOPE AND HEALING

The staff at Culbertson Memorial Hospital joined hospitals across the nation as they celebrated National Hospital Week from May 9-15. The national theme of this year's celebration was "Celebrating Health, Hope and Healing." Locally, the employees of Culbertson Memorial Hospital were thanked for making a difference in the lives of their patients. Lynn Stambaugh, CEO, praised the CMH staff for their devotion to the hospital and our clinics. "During National Hospital Week, we celebrated our employees' unwavering dedication to our patients and our community," Stambaugh says. "The gratitude we voiced during this very special week was a mere reflection of the respect and admiration we feel throughout the year. Whether they are doctors, nurses, support staff, professional or administrative personnel, their efforts matter and we are fortunate to have them as part of our health care family."





Culbertson Memorial Hospital Foundation wishes to thank the following donors for their support of our memorial, equipment and planned giving funds. Donations received after June 25, 2011, will appear in our next edition.

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