

Sarah D. Culbertson Memorial Hospital

# Aware

Where health care and community come together

## Made to Order

*Compounding Pharmacist Customizes Medicine to Fit the Patient*

The mortar and pestle that symbolizes the pharmacy industry represents more than a quaint logo to Sarah Brockhouse. It is one of the tools of her trade. Brockhouse is one of a growing number of compounding pharmacists in the U.S. who are trained to mix drugs to fit the unique needs of a patient. Problems can arise when a patient is unable to take a prescribed medication because the capsule is too large or the dose is too high, which is common with children. Or a patient may be allergic to an additive or dye found in a mass-produced medicine. With her advanced training in compounding, Brockhouse can tailor a prescription to fit each individual's need.

"Compounding is the creative side of pharmacy, but it's not new," says Brockhouse. "This is the way all pharmacies used to be."

### A Welcome Resurgence

Prior to World War II, nearly 60% of medications in the United States were compounded by pharmacists. When mass production of drugs began in the 1950s and 1960s, compounding quickly went out of fashion. In recent years, however, compounding has made a comeback. Springfield and Peoria each have a compounding pharmacy, but the practice is still rare in small communities. That is why Rushville's Moreland & Devitt Pharmacy, which supplies the hospital with pharmacists, was so pleased to add Brockhouse to their staff.

"We are so lucky to have Sarah join our pharmacy practice here in Rushville," says Garry Moreland, who manages M&D Pharmacy. "Someone of her talent, ability and intelligence could be difficult to recruit. To have her apply these skills in the innovative fashion she does is a tremendous asset to our patients and to the hospital staff as well."

Brockhouse alternates her time between the downtown pharmacy and the one at CMH. "I enjoy the contrast between the two styles of pharmacy care," she says. "At the hospital, we provide drugs for all kinds of patients, whether they are inpatients, ER patients or outpatients who are coming in for chemotherapy treatments. At the downtown pharmacy, I get to meet lots of patients and help them with everything from giving them a shingles vaccine to helping them select the right kind of cough medicine. It can get very hectic, but I never get bored."



Compounding pharmacist Sarah Brockhouse stocks the Pyxis, an automated medication dispenser at CMH.

### Mom Knows Best

Becoming a pharmacist was not what Brockhouse dreamed of as a child. "It was my mom's idea," she says. "She knew I loved science and thought it would be perfect for me. However, I resisted the idea because I thought it meant I would spend my life counting to five repeatedly. In fact, the only reason I checked into it was just to make mom leave me alone. As luck would have it, I immediately fell in love with the profession. This was one of those cases when mom really did know what she was talking about."

Brockhouse, who was born and raised in Griggsville, completed a two-year pre-pharmacy program at Western Illinois University. She then went on to the University of Iowa for four years to earn her doctor of pharmacy degree. Today, Brockhouse and her husband, Ross, who works in agriculture sales, live in Beardstown with their very spoiled black lab, Karl.

"I'm really enjoying my career," says Brockhouse. "Whether I'm making a child's liquid medicine taste like candy, or turning a pill into a transdermal gel for a patient who can't swallow, I find that helping people get better is very gratifying. Yes, it's a big responsibility, but I find the reward is even bigger."



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238 South Congress, Rushville, IL 62681  
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# Long Term Care Residents Enjoy Gardening Therapy

Drive by the Culbertson Memorial Hospital Long Term Care (LTC) Unit on any summer morning and you will probably see a group of seniors, some in wheelchairs, lovingly tending a raised garden. Whether the residents are deadheading flowers or checking the size of the tomato plants, it is easy to see that they are enjoying themselves.

The concept of gardening as therapy takes some people by surprise. Society has taught us that we should relax when we are old, and leave physical activities like gardening to the younger folks. Occupational therapist Lori Thomas disagrees.

“We tend to keep our old people indoors in a climate-controlled environment where they seldom get to feel sunshine on their skin or wind in their hair,” says Thomas. “Eventually, they come to see that environment as unsafe and they begin to fear going outside. Our residents are former farmers and housewives who used to have their hands in the soil all the time. They spent their lives planting fields and gardens, and then it all went away. Our goal is to let them experience some sensory stimulation that helps them remember how pleasurable it is to spend time outside.”

The LTC staff makes sure that safety precautions are always in place. Sunscreen-lathered residents are escorted to the garden in the early morning or late evening when the sun is less intense, and then are frequently refreshed with glasses of iced tea and lemonade.

“The physical act of gardening seems to trigger a part of the brain that releases a flood of memories,” says LTC activities director Vicky Hull. “They start talking about the vegetables and flowers they used to grow in their own gardens. They can’t wait for the heirloom tomatoes to get ripe or for the snapdragons to bloom. It’s wonderful to see their eyes shine with excitement when they become involved in a project like this one.”

Many hands were involved in getting the garden from conception to completion. Master gardener Joan Sullivan spoke at the initial planning meeting and inspired the staff to proceed with the idea



LTC residents Gene Acheson (left) and Marie Kessler enjoy working in the new raised garden.

*“I am still devoted to the garden. But though I am an old man, I am but a young gardener.”*

*– Thomas Jefferson*

of creating a raised garden that was accessible from a wheelchair or while standing. Lori’s husband, Brian Thomas, a carpenter with Four Seasons Construction, donated the lumber and his time to build the box. Staff at Boehm’s Garden Center recommended appropriate plants.

“These residents are part of a process now,” concludes Thomas. “They will eat the tomatoes they grew. They will get satisfaction from arranging the flowers they tended. They will remember the simple pleasures of sun and wind again. They will remember what summer is like.”





## Valet Parking Begins Summer 2009

It is not a secret that there are certain days when finding a parking space at CMH is difficult at best. Patients report that on some days, particularly when several outpatient clinics are scheduled at the same time, they have to drive around the hospital repeatedly until a parking spot becomes available. The lack of adequate parking spaces frustrates patients and visitors and causes delays in scheduling. Hospital officials have wrestled with the parking issues for years. However, the fact that the hospital is landlocked hampers its ability to make additional parking spaces available.

“We do not want our patients to have to worry about parking,” says COO Lynn Stambaugh. “Therefore, it is up to us to provide them with a safe, hassle-free way to gain access to our building. Our answer is to provide valet parking on those days when we are the busiest.”

“On designated days, our patients will be met by a trained valet, who will assist them into the hospital, then park and later retrieve their car, all at no expense to the patient. We are fortunate that we can use members of our volunteer staff to serve as valets. Our volunteer group, known as Friends of CMH, is invaluable to us. They already provide a wide range of services, like escorting patients through the hospital, interacting with residents in our Long Term Care Unit and transporting documents to our clinics. The valet parking service is another way for them to fulfill a need and solve a problem.”

The new valet parking services began in August. Signs are posted near the main parking lot to let patients know which days the service is available.

*More Than You Realize?*

## Your Choices Affect Your Health

Life spans are getting longer in the U.S. In 2006, men could expect to live 3.6 years longer, and women 1.9 years longer, than they did in 1990.\* Many factors contribute to longer life spans, including medical advances and healthier lifestyles. Following a healthy lifestyle has been associated with up to 80% lower risk of coronary heart disease and 90% lower risk of diabetes. A recent study also shows that a healthy lifestyle could prevent more than half of ischemic strokes (those caused by a blood clot blocking a blood vessel that supplies blood to the brain).\*\*

Talk to your health care provider for advice on how you can live a healthier lifestyle.

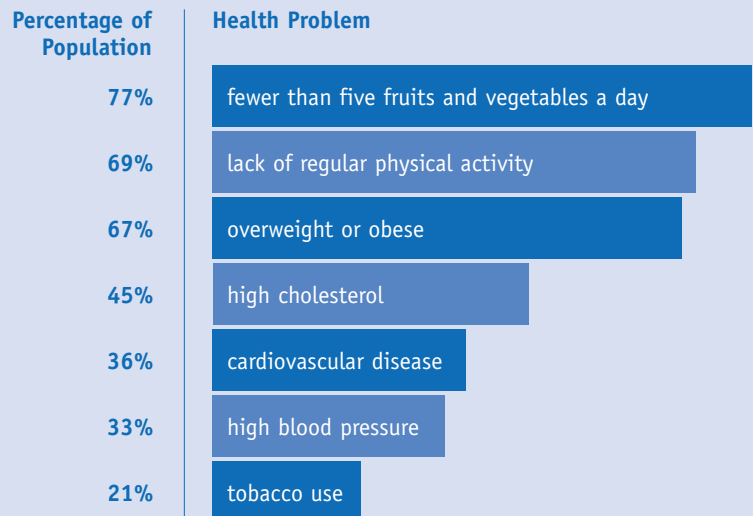
\* Source: “Health, United States, 2008,” Centers for Disease Control and Prevention, National Center for Health Statistics.

\*\* Source: American Heart Association news release, Aug. 11, 2008.



### WHAT’S MAKING AMERICA UNHEALTHY?

Only 3% of the adult U.S. population follows all four of these healthy lifestyle factors: not smoking, maintaining a healthy weight, getting regular exercise and eating at least five servings of fruits and vegetables per day.



Source: American Heart Association, “Heart Disease and Stroke Statistics – 2009 Update,” [www.americanheart.org](http://www.americanheart.org).



## 5<sup>th</sup> Annual Golf Tournament Nets \$25,000

The 2009 golf tournament planning committee pulled off a miracle of sorts when they selected June 12 for the CMH Foundation's 5<sup>th</sup> Annual Golf Tournament. In a spring plagued by unusually heavy and frequent rains, many feared that officials would be forced to postpone the tournament. Fortunately, when the day finally arrived, the weather appeared to have been custom-made for the game of golf. The sunshine brought out 34 teams who were eager to play 18 holes to help raise money for a new colonoscope to aid in the early detection of colon cancer.

During the course of the day, the Vermont State Bank team, consisting of Cathy Wilson, Suzzie Houston, Cherie Skiles and Kim Bunge, did what other women's teams have been trying to do since the first year of the tournament. They beat the heretofore undefeated team of Mariolyn Wheeler, Vicky Lamb, Estelle Hamilton and Sheila Burton. We predict both teams will return for a heated grudge match at next year's tournament.

The men's winning team was composed of brothers Dan and Mike Wise, Andy Ebey and Ralph Peacock, who finished strong with an enviable 60 strokes. Those 60 strokes were matched by the mixed team from Dot Foods, made up of Greg Spohr, Ron Wort, Janet Fernandez and Jared Miller.

Dozens of community and hospital employees volunteered to help make the day a success. They grilled hundreds of Cargill-donated pork chops, distributed drinks, served as hole-in-one judges, registered players and performed a thousand other chores. The CMH Foundation wishes to thank those volunteers, along with Signature Sponsors Dr. Russell Dohner and G.M. Sipes Construction Company, and all the individual and business sponsors for this year's event. See our complete list of donors on page 6.



The winning mixed team.



The winning men's team.



The winning women's team.



## Take Me Out to the Ball Game

One of the oldest traditions in America is standing during the seventh inning stretch of a ball game to sing

“Take Me Out to the Ball Game.” It is a day marked by hot dogs, ice cream, cotton candy, popcorn and peanuts.

Albert and his twin brother Edward grew up in New York – one was a Giants fan and the other a Dodgers fan. It’s one of the oldest rivalries in America that continues today between the Los Angeles Dodgers and the San Francisco Giants.

It is also an old rivalry for Albert and Edward, who are about to turn 80. Both gave a great deal of thought to celebrating their 80<sup>th</sup> in a special way. So, they set aside two months beginning April 1 to celebrate. They would travel across America, stopping to view every baseball park and to take in as many games as possible.

The final two parks they planned to visit were San Francisco and Los Angeles. Coincidentally, those two cities were home to their favorite two charities and their trip would give each an opportunity to share some good news with those charities. Albert has willed 50% of his estate to a charity in San Francisco and Edward has willed 50% of his estate to a charity in Los Angeles.

On their visits, each charity rolled out the red carpet to celebrate their 80<sup>th</sup> birthdays and honor them for benefiting the cities that housed their favorite teams. For Albert and Edward, “Take Me Out to the Ball Game” was more than a song – it was a dream fulfilled.

If you are planning to update your will or estate plans this year, please remember you can provide for your loved ones and Culbertson Hospital. Outright gifts of cash, appreciated securities or personal tangible property represent some of the types of gifts you can make. For more information, give me a call at (217) 248-7511. We would be pleased to discuss with you the benefits of making a gift that will leave a lasting legacy.



## CMH Foundation Awards Two \$2,500 Scholarships

This spring, Bide Thomas, President of the CMH Foundation, presented two \$2,500 Elmer Taylor Health Professions Scholarships to area high school seniors pursuing careers in health care. Marcie Blackburn, daughter of David and Denise Blackburn of Rushville, received one of the awards. Blackburn will attend Culver-Stockton College and Blessing-Rieman College of Nursing in Quincy, where she plans to earn a Bachelor of Science degree in nursing. The second recipient is Brandi Lashbrook, daughter of Steven and Beckie Lashbrook of Mt. Sterling. Lashbrook will attend John Wood Community College and has been accepted into Blessing Hospital’s radiology program. She plans to major in radiological sciences. These annual scholarships are made possible by a gift from former Rushville resident Elmer Taylor.



Bide Thomas presents scholarships to Marcie Blackburn (left) and Brandi Lashbrook (right).



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.

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