

The Community *Check Up*

A QUARTERLY PUBLICATION OF GRAHAM HEALTH SYSTEM

WINTER 2010

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"BIG CITY" MEDICINE... **"SMALL TOWN" ATTENTION**

GRAHAM SURGERY DEPARTMENT

Brett Barnhart, M.D.
Orthopaedic Surgeon

Matt Deppe, M.D.
General Surgeon

Jack Gibbs, M.D.
General/Peripheral Vascular Surgeon

William Buckley, M.D.
General Surgeon

Alan DeBord, M.D.
Urology

Stuart Bowers, M.D.
Urology

Ramayya Gowda, M.D.
Thoracic/Vascular/General Surgeon

Yibing Li, M.D.
Physical Medicine and Rehabilitation

Giovanni Colombo, M.D.
Urology

David Steutermann, M.D.
Obstetrician/Gynecologist

Syed Hussain, M.D.
Vascular Surgeon

James Klemens, M.D.
Ear, Nose and Throat

George Koullias, M.D.
Vascular Surgeon

Jason Lowe, M.D.
Obstetrics/Gynecology

Jay Mehta, M.D.
Ophthalmology

John Richier, M.D.
Urology

Sarat Sabharwal, M.D.
Urology

F.E. Stivers, M.D.
Ear, Nose and Throat



GRAHAM HEALTH SYSTEM

GRAHAM HOSPITAL • GRAHAM MEDICAL GROUP • GRAHAM HOME HEALTH & HOSPICE • GRAHAM HOME MEDICAL
GRAHAM WELLNESS CENTER • GRAHAM SCHOOL OF NURSING • GRAHAM FOUNDATION

MESSAGE FROM THE PRESIDENT

As we prepare for the “official” start of another Illinois winter, we are dealing with a fair amount of uncertainty in the economy. Unemployment is hovering at 10% in the State of Illinois, and it seems like there is still a fair amount of unrest in terms of when things will return to normal. Healthcare has not been immune to the financial struggles we all endure as individuals. While Graham Health System was able to weather the storm of the last 12 months and avoid layoffs, benefit reductions and the like, each day it becomes even tougher to “make ends meet” from a business perspective. The proposals being discussed in Washington are not kind to rural healthcare. Either the Senate version of reform or the House version of reform, if passed in their current forms, would mean draconian cuts to the Hospital/Physician/Home Health/Nursing Home Communities.

Regardless of the actions of the current Congress, relative to health care reform, I think it is safe to say we all need to take a good hard look in the mirror and understand that we are ultimately responsible for our health. Healthcare consumes over 15% of the gross domestic product in this country, and the current rate of growth in healthcare expenditures is not sustainable. We can agree to disagree on the “best” course

for the future; I do think we can agree as well that the two public plans we have now (Medicare & Medicaid) are not financially viable in the future. We must become more accountable and financially responsible for our health and associated healthcare costs. Please take the time to stay engaged in discussions with our elected officials so we ensure a responsible, economically viable, long-term solution to healthcare delivery is reached.

I am pleased to announce that Dr. Jimmie Smith has accepted a position at Graham Hospital as the Hospital Physician. In his new role he will supervise not only Cardiac Rehab and Transfusion Services, but he will also assist with Case Management, and see some of his current clinic patients here at the hospital, 4 afternoons per week. Medicare changed a number of rules over the past year which necessitated the hiring of a full time (in hospital physician) and we were fortunate to lure Dr. Smith from Graham Medical Group across the street to Graham Hospital.

As a precaution we had limited visitors to Graham throughout the fall and will continue to do so this winter. For our patients’ health, for our visitors’ health,

and for the health of our staff, we ask that you limit visits to the hospital and leave younger children at home to avoid their exposure, as they are much more vulnerable than adults.

We have recorded messages and update our Graham Health System Web Site on a regular basis so that the latest information on H1N1 and seasonal flu clinics, etc. is readily available for you. Please feel free to call (309) 649-6898 or search our web site at www.grahamhealthsystem.org for up-to-date information on a variety of health related topics.

A special thanks to Canton attorney Ron Weber. Ron has served on the hospital Board in a leadership role for the past 12 years, and his third and final term representing the Odd Fellows Lodge will be up on December 31st. His

dedication, insight, energy and counsel will be missed.

Thank you,
Robert G. Senneff, FACHE
President & CEO



FREE Weekly Blood Pressure Screenings

Graham Medical Group in Canton

Every Wednesday • 9 a.m. – 11 a.m.

Open to the public

MISSION

To provide compassionate, quality health services, in a responsible and charitable manner, to the people and communities we serve

“Had a call from the hospital to see how I was doing a couple days after dismissal – was very nice.”

QUALITY QUEST FOR HEALTH

Quality Quest for Health of Illinois is a collaborative working together to transform healthcare in our state. They bring physicians, hospitals, health plans, employers, patients and families together to focus on creating healthier communities with better health outcomes and high value medical services. They work with healthcare providers to collect data related to our projects and report performance information to the medical community and the public.

One of their projects focuses on affordable medications and tracks the generic prescribing rate of physicians at the clinic level. Our generic prescribing report is issued quarterly to physicians and then published on our website. In 2009, we added claims data from four additional counties in central Illinois, including Fulton, Champaign, Coles, and Douglas counties. Previous reports included Peoria, Tazewell, and Woodford counties only. The Q award recognizes Graham Medical Group and Dr. Barnhart as the top performer for generic prescribing for orthopaedic clinics in our region. The data is based on our 2nd Quarter 2009 Generic Prescribing Report.




Dr. Brett Barnhart, Orthopaedic Surgeon, and Dr. Gail Amundson, CEO Quality Quest for Health of Illinois.

THE SURGICAL SERVICES DEPARTMENT CELEBRATED PERIOPERATIVE NURSE'S WEEK NOVEMBER 8-14, 2009

This week was an opportunity to recognize PeriOperative Nurses, techs and other Surgical Services employees. These are the nurses and staff that take care of patients in Pre-Op Holding, the Operating Room and Post Anesthesia Care Unit. The Surgical Services staff has been educated to provide for the specialized and individual needs of the PeriOperative patient.

The national organizations for perioperative nurses and other Surgical Services staff are the Association of PeriOperative Registered Nurses (AORN), the American Society of Post Anesthesia Nurses (ASPAN) and the Association of Surgical Technologist (AST). The organizations promote safe and research based practice guidelines and recommended practices. Almost all Surgical Units follow these guidelines for patient care. AORN has an international membership of 41,084 and sponsors the annual recognition of PeriOperative nurses.


The theme For PeriOperative Nurses Week for 2009 is "PERIOPERATIVE NURSES: Reaching the Peak of PeriOperative Practice." Graham Hospital Surgical Services celebrated by giving tokens of our appreciation in the form of a gift, such as a bag or mug embossed with the PeriOperative theme, and food treats through the week. These are small tokens but represent immeasurable appreciation of their dedication and hard work.



You DON'T
have to live with the pain

Brett Barnhart, M.D.
ORTHOPAEDIC SURGEON

Arthritis, Work Injuries, Sports Medicine

647-0201  **GRAHAM
HEALTH SYSTEM**



Prepared Childbirth Class

Feb. 27th
9 a.m. - 1 p.m.

Graham Hospital
Lobby
Conference Room

\$20 (includes lunch)

Please RSVP by calling
647-4174

*"Nurses were extremely attentive and very thorough.
Doctor was thorough and very personable."*

Graham Foundation

This year Graham Hospital School of Nursing celebrated its 100th year anniversary. It has been an enjoyable time to reflect on our past and to begin to plan for the future to insure that the school of nursing can continue to provide nurses for our community.

It has been reported that the healthcare sector of the economy continues to grow in spite of the recession that has cost significant job losses in other industries. There is a current nursing shortage that will continue to worsen as the RNs of the baby boomer generation retire. Nursing programs have been asked to expand their enrollments to meet the future demand for nurses.

Unfortunately, State and Federal financial assistance for nursing students is limited and it has impacted the ability of students to pay for their education.

The average age of a nursing student at Graham this year is 29. Many students have families to support and most face financial challenges in their lives that impact their ability to pursue their educational dreams. It is difficult to see students that would become excellent nurses quit school because of financial difficulties. In the past, the School has relied on scholarships to provide some financial assistance to students. Most of these scholarships were memorial funds left to the school many years ago and will not be available for future students.

If you are interested in helping fund a scholarship or would like additional information, please feel free to call us at: (309) 647-5240 ext. 2477.

PHILDA MCCOMBS



Memorial Scholarship

Philda McCombs, with her kind-hearted, dedicated and thoughtful ways, cherished the opportunity she was given to care for so many as a nurse at Graham Hospital.

In her loving memory and to honor her wishes, Philda's family established the *Philda McCombs Memorial Scholarship*. This scholarship affords the family the opportunity to keep Philda's memory alive, as well as helping to financially support nursing students so that they might have the same opportunity as Philda was given.

Memorials can be made to the:
Philda McCombs Memorial Scholarship
c/o Graham Hospital Foundation
210 W. Walnut Street
Canton, IL 61520

Scholarships Currently Available

- Altrusa Scholarship
- Alumni Scholarship
- Canton Federated Business And Professional Women's Organization
- Canton Rotary Club
- Cystic Fibrosis Scholarship
- Director's Academic Scholarship
- Edna S. Geiger Award For Leadership
- Ethel Mae Stephens Scholarship
- Freshman Scholarship
- Genevra Bramble – Sara Carson Scholarship
- Graham Hospital Healthcare Career Financial Assistance Program
- Illinois Cryptic Masons Nurses Foundation
- Katherine B Jaeger Memorial Trust
- Linda Myers Brown - Love Of NursIng Scholarship
- **Philda McCombs Memorial Scholarship**
- McDonough District Hospital Auxiliary Scholarship
- McFarland Charitable Foundation
- Nancy Nelson Memorial Scholarship
- Otto And Eveleta Meier Scholarship
- P.E.O. Sisterhood
- Pekin Hospital Auxiliary
- Robin Grish Scholarship
- Scottish Rite
- Voiture 812 40/8 Chapter
- National Scholarships



I graduated in 1978. I was considered a non-traditional student because I was married and lived off campus. I know things are much different today. The education I received was excellent and served me well during my nursing career. I was also very fortunate to receive scholarships that paid my tuition. I will always be grateful for that assistance. I worked in OB at Graham after graduation, then left for one year and worked with Ezzi Thompson as the Recruiter for the school. After that year, I returned to OB and worked there until May of 1987. Since that time I have worked at The Fulton County Health Department. I am planning on semi-retiring in January of 2010.

— Judy Simmons Juraco

"Some of the nicest nurses you could ask for."



Presented by
Graham Hospital's
Healthy Living

Thursday,
February 25th, 2010

- 7:00 AM Depart for **Tama, Iowa** from the Graham Hospital south gravel parking lot (off of S. Avenue B). We'll make a quick meal stop along the way.
- 11:00 AM We arrive in **Tama** at the **Meskwaki Bingo Casino** for an afternoon of gaming action. Enjoy this brand new casino and all its gaming activities. **Lunch** is included today. **GOOD LUCK!**
- 3:00 PM It's time to head for home with all of our winnings. How'd you do? Did you win?
- 7:00 PM Approximate arrival time back in Canton.

Cost per person: \$54

Tour includes: Deluxe Motorcoach Transportation (including tip for driver), lunch, and \$5.00 on Player's Card.

Space is limited so please RSVP no later than February 1st,
by calling 647-5240 ext. 2203 or 2477

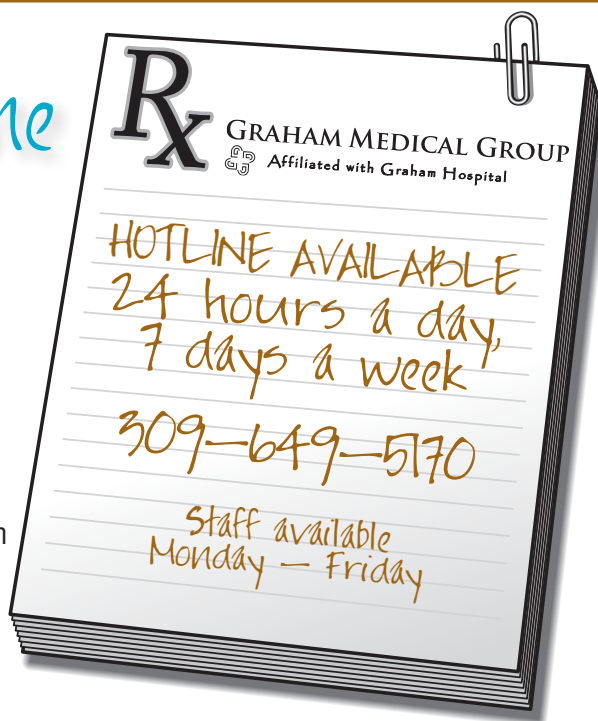
GRAHAM MEDICAL GROUP Medication Refill Hotline

Please allow 72 hours for routine refills



Please leave the following information:

- Patient's name
- Patient's birthday
- Name of medication
- Dosage or strength of medication
- Physician's name
- Name of pharmacy
- Phone number where you can be reached



"Outstanding service and concern."



Dr. Buckley



Dr. Deppe



Dr. Gowda

For All Your General Surgery Needs



GRAHAM
MEDICAL GROUP **647-0201**



Joshua Bowers, M.D.
Family Medicine with Obstetrics



Becky Gorham, PA-C
Physician Assistant



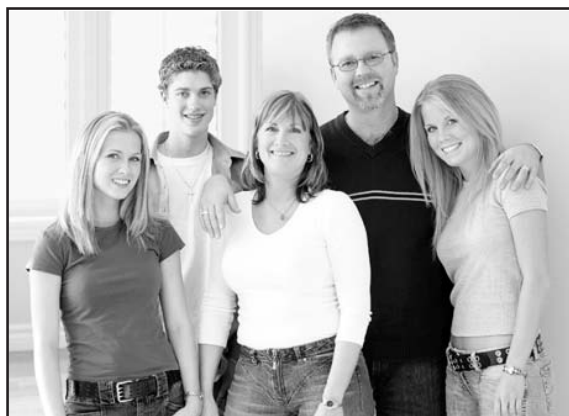
Marci Well, M.D.
Pediatrician

We're right down the road.

Graham Medical Group knows that it's sometimes difficult to travel far from home for healthcare services. That's why we make your healthcare experience with us much more convenient and accessible.

Our satellite office in Lewistown does just that. So the next time you or a family member has a healthcare need, remember...

we're right down the road.



New Patients Welcome!

2001 N. Main • LEWISTOWN

(309) 547-7900

Monday - Friday

8:00am - 12:30pm • 1:30 - 5:00pm

Wednesday 8:00am - 12:30pm

www.grahammedicalgroup.org

GRAHAM
MEDICAL GROUP



Affiliated with Graham Hospital

"Lab staff were great!"

Caring for Life's Emergencies

24-7



210 W. Walnut • Canton  **GRAHAM HOSPITAL**
"Our Community's Choice"

**Too busy to get
yourself or your
children to the
doctor during the
work week?**



Dr. Phillips
Internal Medicine/
Pediatrician

**Now seeing
patients
Saturday
mornings!**

 **GRAHAM
MEDICAL GROUP**

175 S. Main St., Canton, IL • 647-0201

Now seeing patients in Canton



**HEARTCARE
MIDWEST**
CARDIOLOGY CLINIC



GRAHAM HOSPITAL
"Our Community's Choice"

Syed Hussain, M.D.
Vascular Surgeon
of HeartCare Midwest

**Talk to your physician
about a referral**

"We appreciated the friendliness of the staff. Thank you!"



"Elvis' B-Day Bash"

Wallace Park (Canton) • January 7th, 2010
Doors open at 5 p.m.

Entertainment by...
JUNIOR TALLEY

....8-Time World Finalist at the
"Images of Elvis"
 in Memphis, TN competition.

Cost is \$10 per person which includes dinner and the show.
RESERVATIONS ARE LIMITED.

Please call: 647-5240 ext. 2203 or 2477

This event is available for Healthy Living members.

If you are not currently a member, are at least 55 years old and interested in signing up, please feel free to call the number above to register. The Healthy Living membership is FREE of charge and FUN to be a part of!



Inquire about LEARN:

The Adult Weight Loss Group

L Lifestyle
E Exercise
A Attitudes
R Relationships
N Nutrition

Many people struggle with weight, but diet or exercise alone is often not enough to make a lasting difference. At Graham Wellness Center you can LEARN how to achieve lasting weight goals by making changes in your lifestyle, exercise, attitude, relationships and nutrition. LEARN is an affordable, nine week adult weight loss program, and it works because it focuses on the underlying reasons you struggle with weight loss, not just what you eat.

LOCATION: Graham Wellness Center

TIME: Tuesday, Jan 12th-March 16th, 6:00-8:00 pm
 Pre-enrollment required. 309-647-4087

"I have recommended Dr. Krock to several of my friends with children and many have gone to him.....All very pleased!"

GRAHAM HOSPITAL SERVICE LEAGUE CELEBRATES 50 YEARS

The Graham Hospital Service League is celebrating their 50 year anniversary in 2009. In 1959, twenty-three individuals thought it was worth their time and effort to volunteer for Graham Hospital. Today, over 200 volunteers know that it is.

The Service League has donated \$1,343,250.00 to Graham Hospital to help purchase needed equipment throughout the hospital. In 2008, the volunteers donated 12,481 hours to areas including the Surgery waiting room hostess, patient escort, Gift Shop, plant care, puppet making, Pharmacy/Oncology helper, Business Office helper, Hospice, Dietary menu service, Diabetes office assistant, and to the Environmental Services area.

The volunteers also work countless hours in fundraising efforts such as the Sneak Peek/Country Store, Cookie Walk, golf outing, Cruise-In booth, book fairs, purse sales, card parties, and raffles.

The Service League appreciates the support it receives from the Hospital, the employees and from the community who support these events.

**Most people find it easier to quit
if there is help available...**

*graham hospital
provides that help*

**The "Freedom From Smoking" class
MEETS WEEKLY FOR SIX WEEKS.**

- Identify your smoking motivations and patterns
- Be given concrete tools for quitting
- Learn how to stay smoke free
- Learn how to better manage your stress

**Class Begins: Tuesday, March 23rd,
in the Graham Wellness Center at 6:00 p.m.**

Enroll today by calling

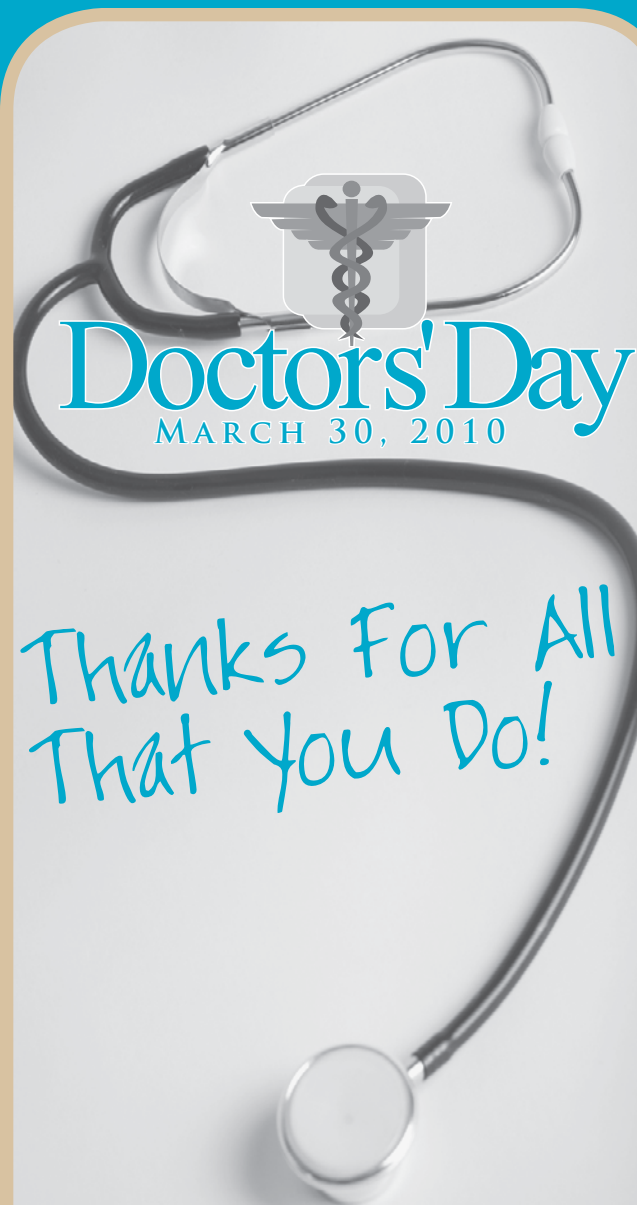
Carla Bahr at:

647-4087

Graham Wellness Center
235 West Walnut Street, Canton
MEDICARE AND MEDICAID COVERED



GRAHAM HOSPITAL
"Our Community's Choice"



 **GRAHAM
HEALTH SYSTEM**

*"They answered all of my questions so I
could understand, and took the time to do so."*



Magnetic resonance imaging (MRI or MR) is one of the safest, most comfortable imaging techniques available. It combines a powerful magnet with an advanced computer system and radio waves to produce accurate, detailed pictures of organs and tissues to diagnose a variety of medical conditions.

Our MRI suite is spacious, with natural lighting, a pleasant park mural and Siemens unique ultra short bore 1.5 Tesla magnet that has a CT – like design with a 70 cm opening that enhances comfort and enables scanning of bariatric patients. Combined with our patient oriented technologist, patient care and comfort is maximized. In addition, we offer a variety of patient comfort tools, including headphones for music, and a two-way communication system to speak with the technologist anytime during the exam. If you like, bring your favorite CD to listen to during the exam.

IS MRI FOR EVERYONE?

Although MRI is an effective diagnostic tool, certain medical conditions will prevent individuals from having an MRI. Please inform your physician and our personnel at the time of scheduling if you have either of the following:

1. Cardiac Pacemaker
2. Implantable Cardioverter Defibrillator (ICD)
3. Cochlear Ear Implant

Other certain medical conditions may prevent individuals from having an MRI. Please inform your physician and our personnel at the time of scheduling if you have any of the following:

1. Metal fragments located in one or both eyes
2. Metal fragments or prosthesis within the body
3. Pregnancy
4. Certain type aneurysm clips
5. Other certain type of electrical or magnetic activated implants

The first several minutes of your visit will be spent preparing for the procedure, including taking important safety precautions confirm pertinent information about you and your health and to go over the MRI screening questions with you one last time to help assure your safety during the procedure.

Because of the strong magnetic field generated by the MRI, you will be asked to empty your pockets and remove any metallic items you're wearing, including eyeglasses, watch and jewelry. You may store personal belongs in a secure locker in the MRI department during you.

The length of the exam varies depending on area of interest.

The radiologist interprets the exam and reports the findings to the ordering physician.

"First experience with this provider and was very impressed."

Graham Hospital will be starting an asthma education program to be held on the second Tuesday of each month. It will be located on the ground level of Graham Hospital in the same area as HeartCare Midwest and Illinois Lung Institute offices are located, from 8:00 am to 4:00 pm. Two Certified Asthma Educators will be available to offer this service, Teresa



Teresa Willett



Shelly Colgan

Willett AE-C, CRT-SDS, RPSGT, CPFT and Shelly Colgan AE-C, RRT.

An AE-C is an expert in teaching, educating and counseling individuals with asthma and their families in the knowledge and skills necessary to minimize the impact of asthma on their quality of life. The educator is knowledgeable about objective and subjective evaluations used to diagnose asthma and assess its control. The educator will instruct asthma patients on the optimal use of medications and delivery devices particularly explaining technical concepts to individuals in language each can understand. The educator works with an individual with asthma, his/her family, and other healthcare professionals to develop,

GRAHAM HEALTH SYSTEM ASTHMA EDUCATION PROGRAM

implement, monitor, and revise an asthma action plan. The plan is customized to the individual's need, environment, disease severity, and lifestyle to optimize the individual's self-management skills. The educator monitors asthma education program outcomes and recommends modifications to improve quality and effectiveness. The educator also serves as a resource to the community by providing information about asthma as well as healthcare and community resources.

All education will follow the NHLBI (National Heart, Lung and Blood Institute) guidelines in a step-wise approach to asthma management.

All appointments/referrals must be ordered by a licensed physician, physician assistant or nurse practitioner. Scheduling will be done through Graham Hospital's scheduling department. Initial consultations will be 1 hour and follow-up evaluations will be 30 minutes.

**The Asthma Education phone number
is (309) 649-6864**

Gangsters in Chicago

*Presented by
Graham Hospital's
Healthy Living*



Day #1 – Thursday, April 22nd

- 12:00 PM Depart for Chicago, IL from the Graham Hospital south gravel parking lot (off of S. Avenue B) We'll make a quick stop along the way.
- 4:00 PM Check in and freshen up before dinner at our hotel – Comfort Suites
- 5:30 PM Depart for dinner
- 6:00 PM Arrive at **Tommy Guns Garage - Chicago's only Speakeasy Dinner Theatre for Dinner & Show**. Enter through the rear entrance under the "EL" tracks. Psst... if you know the password to get in, you'll be transported back to the 1920's, complete with Da Gangsters & Da Flappers, Roaring 20's Music, Silent Movies, Memorabilia from the 1920's, Da Boss' 1928 Ford Model "A" car, a replica of Da St. Valentines Day Wall, & pictures of Da Gangsters & Da Coopers from the times. You'll be delighted with great food & great hooch (that's alcohol) served by Da Gangsters & Da Flappers. (Alcoholic beverages are on your own) (6:00 - 9:00 PM)



2 Days/1 Night!

Day #2 – Friday, April 23rd

- A full breakfast buffet will be served at our hotel this morning.
- 9:30 AM Check out of our hotel and pick up our **Step-on Gangster Guide** & begin our **Gangster Tour of Chicago**. What fun we'll have as we're giving the history of Gangster Era as well as seeing some of the sights where they operated. (10:00 AM - 12:00 PM)
- 12:00 PM Depart for home making a break or fast food meal stop.
- 4:00 PM Approximate arrival time back in Canton

**Cost per person: Single: \$235;
Double: \$195; Triple \$185; Quad: \$170**
Hotel: Comfort Suites, 530 W. North Avenue, Lombard, IL 60148

Space is limited so please RSVP by March 15th by calling 647-5240 ext. 2203 or 2477

"Dr. Renick is an excellent addition to the Graham Medical Group."

**Due to the
increased
prevalence of
flu-like illness
and to be consistent
with regional hospitals,**



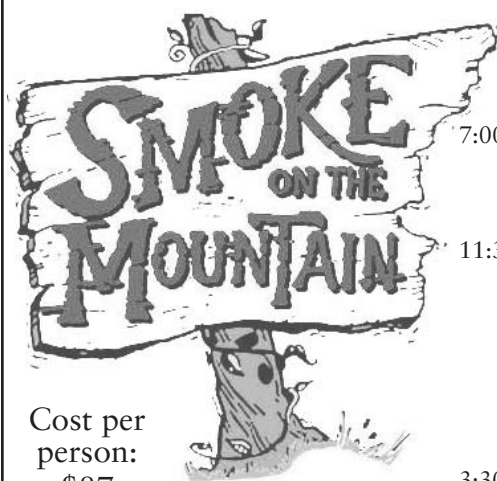
Graham Hospital is enforcing the following visitation rules:

1. Visiting is limited to those age 12 years and older.
2. Visiting will be allowed only for those visitors without flu-like signs and symptoms.

***Thank you for understanding our need to protect the
health and well-being of our patients, visitors and staff.***



GRAHAM HOSPITAL
"Our Community's Choice"



Cost per
person:
\$87

Presented by Graham Hospital's Healthy Living

Thursday, March 25th, 2010

- 7:00 AM Depart for Indiana from the Graham Hospital south gravel parking lot (off of S. Avenue B) We'll make a quick meal stop along the way. *(Don't forget to set your watches ahead an hour upon entering Indiana and the Eastern Time Zone.)*
- 11:30 AM We arrive in **Hillsboro** and have time to freshen up prior to being seated for a delicious lunch and a fantastic show – Smoke on the Mountain. The year is 1938, it's Saturday night in Mount Pleasant, NC and the Reverend Oglethorpe has invited the Sanders Family Singers to provide an upliftin' evening of singin' and witnessin'. The audience is invited to pull up a pew and join in the rollicking good time. More than two dozen songs, many of them vintage pop hymns, and hilarious stories from the more or less devout Sanders provide a richly entertaining evening that has audiences clapping, singing, laughing and cheering.
- 3:30-4 PM It's time to board the coach and depart towards home after a great day reliving the past. We'll make a fast food stop in Champaign (Don't forget to set your watches back to Central Time Zone upon re-entering Illinois.)

7:30 PM Approximate arrival time back in Canton.



Tour includes: Deluxe Motorcoach Transportation (including tip for driver), all attractions and meals in bold print

Please RSVP no later than January 29th, by calling 647-5240 ext. 2203 or 2477

*"I have had good results with my knee replacement surgery.
I would recommend Dr. Barnhart and Tony Scardina to others anytime."*

NOW AVAILABLE

Saturday Appointments

Joshua Bowers, M.D.
Family Medicine
with OB



David Steutermann, M.D.
Obstetrician/
Gynecologist



Ben Phillips, M.D.
Internal Medicine/
Pediatrician

647-0201 GRAHAM MEDICAL GROUP
www.grahammedicalgroup.org

VISION

We are the Community's
choice for an exceptional
healthcare experience.

Don't Miss Out On The Market Day Breakfast Sampling!

(Next to the Cornerstone Café)

Thurs., January 7th
Breakfast (7 a.m. – 9 a.m.)

Cinnamon Crunch French Toast Sticks (#5169)
Cooked Turkey Sausage Links (#3138)
Home Style Biscuit Dough (#7792)
Breakfast Casserole (#5119)



Market Day
Family of Fundraisers

Are you worried about your child's health?

SHAPEDOWN

Weight problems are becoming an epidemic among our children. If you are concerned about your child's weight or activity level, join our **ShapeDown** Program. **ShapeDown** is a 9 week, national family-style treatment program for overweight kids 6-18 years of age. Physician order and preregistration required.

The Next ShapeDown Classes Are

Kids: Mondays 6-8 pm Jan 11th – Mar 8th
Teens: Thursdays 6-8 pm Jan 14th-Mar 11th

In the Graham Wellness Center
235 W. Walnut Street, Canton

Enroll Today by Calling Carla Bahr at 647-4087



**Dietary Consultant and
Fitness Assessment Included**

**Some private insurance
companies provide
coverage for this program.**

"Thank you to everyone who helped me in any way after my auto accident."

HELP ENSURE AS SAFE AN ENVIRONMENT AS POSSIBLE

This Fall/Winter we are seeing a return of the H1N1 ("Swine") flu along with routing coughs and colds. The flu and other respiratory viruses are easily spread to others so Graham Hospital has established preventative measures to avoid the spread of these infections and to help ensure as safe an environment as possible for you, your loved one, and our staff.

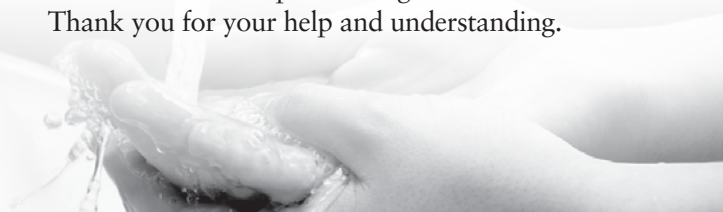
Please help us by following the preventative measures throughout the remainder of the flu season:

- All visitors, including parents/guardians, will be screened for flu symptoms each day before entering the hospital. Ill visitors will not be allowed to visit and should leave the hospital.
- Please expect and plan for an additional 15 minutes prior to your visit or appointment for the screening process.
- No children will be allowed to visit who are under the age of 12 years, including siblings.
- Children may not be left in the lobbies while an adult visits a patient. Please plan for appropriate child care at home prior to coming to the hospital.
- Wash your hands or use hand sanitizer upon entering and leaving the hospital and patient room.
- If your loved one is in isolation, visitors are to wear the gown, mask or gloves listed on the sign on the patient's door.

The following can help protect you and your loved ones during the flu season:

- Contact your health care provider as needed for management of your illness.
- Cover your cough with the bend of your arm or a tissue.
- Wash your hands or use hand sanitizer frequently.
- Stay home if you have a fever or respiratory symptoms (such as a cough or sore throat).
- Avoid going to public places until your symptoms have resolved.
- Be sure to eat healthy, drink plenty of fluids and rest as much as you can.
- Vaccinate your children and other family members as indicated for seasonal flue and H1N1 (when vaccines become available).

We appreciate your help in keeping your loved one, yourself and our staff safe as these viruses circulate in our communities. We will maintain this plan throughout the 2010 flu season. Thank you for your help and understanding.



UROLOGICAL CARE FOR MEN, WOMEN & CHILDREN

Midwest Urological Group, Ltd. in Canton is dedicated to providing premium urology services to men, women and children who are experiencing difficulties with their bladder, urinary tract systems, or kidneys.

The experienced urologists at our health facility provide treatment for the following conditions:

- Male and female urology disorders
- Cancer treatment - bladder, kidneys, prostate
- Urinary incontinence
- Kidney stones
- Urinary tract infections
- Hormone imbalance
- Hernia

By relying on advanced diagnostic methods, we're able to offer quality care, evaluation, and treatment of cancer, infertility, pelvic pains, rectal problems, and many other urological concerns and conditions.

Are you seeking treatment for kidney stones? Our dedicated staff will provide you with optimal treatment and care for your urinary and pelvis needs.

For premium urological treatment, call the health professionals at Midwest Urological Group, and we will gladly assist you today.

649-6856

Located on the 3rd Floor at Graham Hospital



John Richier, M.D.



Sarat Sabharwal, M.D.



Giovanni Columbo, M.D.



Stuart Bowers, M.D.

*"From the moment I was admitted,
I have never seen such special and caring people."*

YOU ARE HAVING CHEST PAIN AND YOU FEEL A LITTLE SHORT OF BREATH. WHAT COULD THIS BE? WHAT SHOULD YOU DO?

Many people have thought the same thing. They think that something MAY be wrong but they're not really sure. They want to get "checked out", just to be sure, but they don't want to look like a fool if it's nothing. Many people get in their car and drive either to the Emergency Room or their Doctors office. We are here to tell you that this is NOT what you should do.

What could this be? It may be a ST Elevation Myocardial Infarction (STEMI). Heart 777 is the program that Graham Hospital and Fulton County Emergency Medical Association participate in with OSF Saint Francis Medical Center and HeartCare Midwest. This program specifically deals with patients having a STEMI, to provide the fastest most complete care. The Heart 777 program has a goal to have a patient experiencing a STEMI to be in the CathLab (at OSF) within 90 minutes. The person experiencing a STEMI needs certain treatments immediately and that begins at home.

What should you do? If you experience chest pain, jaw pain, arm pain or arm numbness, epigastric pain (that is different from any other "heartburn" type discomfort that you've had in the past) you should immediately call 911.

Some people believe that driving themselves (or having someone drive them) is the best way to get the help needed, that it's quicker or that they can't do anything for me anyway. These myths are ones that can have adverse consequences to your health. What you SHOULD do is call 911 and an Advanced Life Support Ambulance and Rescue Squad will be sent to your aid. Rescue Squads have equipment and medications available to them so that they can begin the evaluation, treatment and stabilization process. When the Advanced Life Support Ambulance arrives they will continue with the treatments that were started and begin the advanced procedures that they are trained to do. In the case of a STEMI, the advanced providers will be able to give you medication that may stop the progression of the myocardial infarction. They will perform a 12 lead EKG and transmit this EKG to the hospital (if the transmission of the data is not possible, the Paramedics at Fulton County Emergency Medical Association are trained to interpret the EKG reading and will relay that interpretation to Graham Hospital Emergency Room Physician via cellular telephone). This is an integral piece of the Heart 777 program. With this information the hospital will put into action their part of the Heart 777 program...all before you have even arrived at the emergency department. This process starts with you making the right decision to call 911....care begins at home.



Congratulations Dr. Smith!

We are pleased to announce that Dr. Jimmie Smith has accepted a position within the health system to be the hospital physician. This is a new position that will provide physician supervision for the hospital based infusion services, as well as other defined responsibilities. Dr. Smith will begin his new role at the hospital on January 1st. He will maintain his current role as Medical Director of Cardiac Rehab.

Dr. Smith will continue to have limited afternoon hours to see outpatients, but his office space will be at the hospital. Patients will be notified of his change of availability and will be able to transfer to a new provider, if they choose. Dr. Smith has agreed to stay in the physician evening and weekend call schedule. The office call on these days will be maintained by a mid-level provider. Dr. Smith's last day seeing patients at Graham Medical Group will be December 28th.

Please congratulate Dr. Smith on his new position.



Front row (L-R) - Erika Shaw, RN; Sherry Alton, RN Director (sitting); Mandy Robb, RN. 2nd row - Jeannie Calhoun, RN; Christin Anderson, RN; Rebekah Baughman, RN; Teresa Fitch, RN. Back row - Kevin Anderson, RN; Kim Lusk, RN; Barbara Strauch, RN; Shad Schneider, RN

"The staff in the respiratory department were fabulous!"



Healthy Living

The Healthy Living Program was designed to attract members who are interested in attending educational sessions, traveling together and having some fun! The program is **FREE** of charge and available to anyone at least 55 years old.

Special monthly programs are scheduled, including health-related programs and fun activities such as BINGO, "Senior Sunday Dinners," bus trips & more!

Registration forms are available in the Marketing Department at Graham Hospital or online at www.grahamhospital.org. For more information, please call 647-5240, ext. 2203 or 2477.

Please fill out this registration form and mail to:

**Graham Hospital
Healthy Living Program
210 W. Walnut
Canton, IL 61520**

Name _____

Address _____

Phone _____

Email _____

New members receive
a **FREE**
HEALTHY LIVING
CANVAS BAG
just for
signing up!

UPCOMING EVENTS

January 2010

- Mon 4: Bingo in the LCR at Graham Hospital beginning at 10 a.m. Refreshments and prizes provided.
- Thu 7: Start your day off right with the Graham Hospital Cornerstone Cafe. As a HL member, you'll receive \$1 off of your breakfast on the first Thursday of each month. You must show your Healthy Living card. Please see Cissie or Shelly if you don't have one.
- Thu 7: Elvis' Birthday Bash at Wallace Park 5 p.m. Cost will be \$10 per person. **Please RSVP by Jan. 4th.**
- Thu 14: Wild Rose Casino in Clinton, IA.
- Tue 19: Kathy Taber Presentation, "Investing in Your Future" 10 a.m. in the LCR.
- Thu 28: Six Sigma Presentation by Black Belts: Leslie Johnson and Kathy Phillips LCR at 10 a.m. "Striving for Perfection"

February 2010

- Mon 1: Bingo in the LCR at Graham Hospital beginning at 10 a.m. Refreshments and prizes provided.
- Thu 4: Start your day off right with the Graham Hospital Cornerstone Cafe. As a HL member, you'll receive \$1 off of your breakfast on the first Thursday of each month. You must show your Healthy Living card. Please see Cissie or Shelly if you don't have one.
- Thu 4: Heart Healthy Dinner and Presentation, Wallace Park at 5 p.m. Open to the community - \$7/person or FREE to Healthy Living members. Reservations are limited. **Please RSVP no later than January 29th.**
- Thu 11: Dinner and a Movie in the LCR at Graham Hospital \$5/person. **Please RSVP by Feb. 5.**
- Wed 17: Joseph and the Amazing Technicolor Dreamcoat, Circa 21 Dinner Playhouse, Rock Island, IL. **Please RSVP by Jan 11.**
- Thu 25: Meskwaki Bingo Casino in Tama, IA. Cost will be \$54 per person. **Please RSVP by Feb. 1.**

March 2010

- Mon 1: Bingo in the LCR at Graham Hospital beginning at 10 a.m. Refreshments and prizes provided.
- Thu 4: Start your day off right with the Graham Hospital Cornerstone Cafe. As a HL member, you'll receive \$1 off of your breakfast on the first Thursday of each month. You must show your Healthy Living card. Please see Cissie or Shelly if you don't have one.
- Tue 9: "Health and Health Care Transformation Thorough Electronic Medical Record" Presentation in the LCR at 10 a.m. All attendees names will be entered for the door prize drawing. **Please RSVP by March 5th.**
- Thu 25: Smoke on the Mountain, Hilsboro, Indiana. **Please RSVP by Jan 29th.**

More Upcoming Events on Page 23

*"Very fast in letting me know the results
of all the tests they did on my baby."*

Healthy Living Events Continued....

Tue 30: "Eat This, Not That" presentation in the LCR at 10 a.m. Fun, interesting, and free, HEALTHY samples. Don't miss out!. **Please RSVP by March 26th.**

The Healthy Living Program will be participating in a 4-week walking program at Wallace Park beginning on March 22nd. We will be walking on Mondays, Wednesdays and Fridays for 4 weeks (**weather-permitting**). We will meet at 7:30 a.m. and walk for approximately 1 hour each morning. This is sponsored by the American Heart Association's "Start!" Program and Graham Hospital's Healthy Living group. Everyone walking will receive a free pedometer. We will also have daily prizes and drawings.

If you have any questions, please feel free to contact us, otherwise we will meet you on March 22nd at Wallace Park!

If you are interested in any of the events, please call:

647-5240

**Cissie at ext. 2203
or Shelly at ext. 2477**

Graham Hospital Service League**"Card Party"**

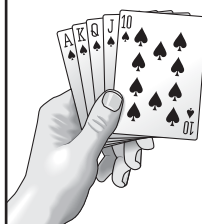
Gather a group of four or more to play your favorite card games & board games.

THURSDAY, MARCH 11TH - 1-4 P.M.

Located in the:

Graham Hospital Lobby Conference Room

If you are interested in putting together a group to play pitch, bridge, Yahtzee, dominoes or anything you'd like, please give us a call. Cost is \$10 per person and includes an afternoon of fun, snacks, and chances for door prizes.



For more information:

Cissie Lindsey
at 647-5240 ext. 2203



Hope to see you there!

Proceeds support the Graham Hospital Service League

PHILIPS LIFELINE PIONEERS NEW SOLUTIONS TO...

promote independence and safety for older adults!



Voice Extension



Medication Dispenser



Cordless telephone

Lifeline is the industry-leading medical alert service which provides access to help, 24 hours a day, with just one press of the Lifeline Help Button. We are proud to bring you an expanded suite of products and services to help YOU maintain independent living.

To Order any one of these NEW products, or to speak to a representative to discuss which option is best for you, call:

**Graham Home Medical Lifeline
309-338-7339**

LET US CATER YOUR NEXT GET-TOGETHER WITH OUR...

**PARTY
TRAYS!**

- Vegetable Tray with Dip
- Fruit Tray
- Meat and Cheese Tray



You can order any of these party trays by calling the Cornerstone Café at Graham, 647-5240 ext. 2306. Please place orders a minimum of 3 days in advance of pick up.

"Every person I came in contact with was very professional and courteous."

MARKET DAY Breakfast Special

at the Cornerstone Café,
Graham Hospital

Wed., January 13th

6:30 a.m. – 9 a.m. (or sell out)

Bacon Quiche – We've done all the work for you with this wonderful quiche. The flaky crust is delicately filled with real bacon, dairy fresh Swiss cheese, sweet onions, whole eggs and cream. Perfect for breakfast, lunch or brunch!

Cooked Turkey Sausage Links – Fire up the griddle... these skinless turkey meat sausages are ready to wake up your tastebuds. Seasoned just right, they're perfect next to waffles, pancakes or eggs any morning. They're a healthy alternative to traditional breakfast sausages with a hearty flavor.

Biscuits – There's nothing like the taste of a warm biscuit right out of the oven. Now you can have the great taste of "homemade" biscuits with the same convenience restaurants enjoy. Fluffy and golden brown.

Breakfast Pizza – Start your day with this incredible change-of-pace breakfast. Flaky, individual pizza crusts are topped with real scrambled eggs, crumbled breakfast sausage, real bacon and a blend of shredded mozzarella and cheddar cheeses.



Market Day
Family of Fundraisers



at...

Circa 21 Dinner Playhouse

Presented by Graham Hospital's Healthy Living
Thursday, February 17th, 2010

- 10:15 AM Depart for Rock Island from the Graham Hospital south gravel parking lot (off of S. Avenue B)
- 11:45 AM We arrive in **Rock Island** at **Circa 21 Dinner Playhouse** where we'll be seated for a delicious **Lunch**. (Lunch Noon)
- 1:00 PM It's Showtime! Every so often a show catches the public's imagination in a way that makes it totally irresistible. **Joseph & The Amazing Technicolor Dreamcoat** is that show! From Andrew Lloyd Webber, comes a colorful, inspiring musical with exotic costumes and locales and a tuneful memorable score. The authors have created a soft-rock fantasy from the biblical story of Joseph and his brethren and turned this ancient tale into a rollicking mixture of vaudevillian turns; country and western; calypso and 50's rock-n-roll.
- 4:00 PM Depart for home
- 5:30 PM Approximate arrival time back in Canton.

Cost per person: \$77

Tour includes: Deluxe Motorcoach Transportation (including tip for driver), lunch and show.

**Space is limited so please RSVP
no later than January 11th,
by calling 647-5240 ext. 2203 or 2477**

GRAHAM HOSPITAL FOUNDATION MARKET DAY

Graham Hospital's Foundation will be participating in a fundraising food program called Market Day. Market Day, the original fundraising food co-op, has been in operation since 1975.

Each month, as a participating Market Day organization, restaurant-quality food products, from the same vendors that supply many upscale restaurants, will be available for purchase. Market Day products are competitively priced and our organization will earn profit on your purchases.

As a customer you can purchase products you might ordinarily buy elsewhere, for your entire family, with the knowledge that all products are of exceptional quality and covered by a 90 day 100% Satisfaction Guarantee!

You can find out more about Market Day and place your order online at www.marketday.com. Register your e-mail address to receive reminders to order and special offers just for online customers. Our Market Day account # is 27708. If you do not have Internet access, orders can be placed by calling Shelly at 647-5240 ext. 2477 or Cissie at 647-5240 ext. 2203.

A new order sheet will be available each month and we are confident that this fundraising program will not only benefit our hospital, and the programs we support, but will also benefit you as the consumer.

Please give Market Day a try! Order pick up is in the Lobby Conference Room at Graham Hospital from 4:00 -5:00 p.m.

THANKS!

Shelly and Cissie
Graham Hospital Foundation

If you have questions or need additional information, please feel free to contact us at the numbers listed above.

ORDER DEADLINE

January 21st
February 18th
March 18th
April 22nd

PICK UP

Tuesday, January 26th
Tuesday, February 23rd
Tuesday, March 23rd
Tuesday, April 27th



 GRAHAM
HEALTH SYSTEM

 **Market Day**
Family of Fundraisers



**Convenient
Weekend Clinic**
Saturday 8:30am - 5pm
Sunday 8:30am - 3pm

 **GRAHAM MEDICAL GROUP**

175 S. Main CANTON 647-0201

**Getting a Colonoscopy
can be a drag...
...and a LifeSaver**

Prevent the 2nd leading cause of cancer deaths - schedule one today

 **GRAHAM MEDICAL GROUP**
Affiliated with Graham Hospital

**175 S. Main St.
Canton
309-647-0201**

"The staff worked very well together to provide excellent care for me while I was in the hospital."

Graham Hospital
210 W. Walnut St.
Canton, IL 61520

NON-PROFIT ORG.
U.S. POSTAGE
PAID
CANTON, IL
PERMIT NO. 7

A QUARTERLY PUBLICATION

WINTER 2010



"Heart Healthy"

PRESENTATION AND DINNER

at Wallace Park

Thursday, Feb. 4th

Doors open at 5 p.m.

Cost is \$5/person
and must be paid in advance

*Menu: Baked Chicken Breast with Mushroom Sauce, Dijon Garlic Potatoes,
Dilled Green Beans, Roll, and Chocolate Dipped Strawberries*

SPACE IS LIMITED

*Please RSVP by calling 647-5240 ext. 2203
or 2477 no later than Friday, January 22nd.*



Dr. Malik

HEARTCARE
 MIDWEST
CARDIOLOGY CLINIC



GRAHAM HEALTH SYSTEM

GRAHAM HOSPITAL • GRAHAM MEDICAL GROUP • GRAHAM HOME HEALTH & HOSPICE • GRAHAM HOME MEDICAL
GRAHAM WELLNESS CENTER • GRAHAM SCHOOL OF NURSING • GRAHAM FOUNDATION