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A Message from the President

We will begin 2020 celebrating the opening of Siteman Cancer Center on the Memorial Hospital East campus. Siteman—based at Barnes-Jewish Hospital and Washington University School of Medicine—is the only National Cancer Institute-designated Comprehensive Cancer Center in the region. Residents throughout south-west Illinois are so fortunate to have convenient access to nationally renowned cancer care in Shiloh.

The second medical office building on Memorial Hospital East’s campus also allows us to bring additional primary care, internal medicine and specialty physicians to the community. Also in this issue, you can read about Memorial’s $1.8 million investment in a new da Vinci robot and how surgeons are using it to perform less-invasive procedures. This new technology affords patients less pain and a shorter recovery time.

Memorial Care Center, our award-winning short-term rehabilitation facility on the Belleville campus, is featured on pages 6 and 7. Our dedicated staff provides patients with the care and therapy they need to regain strength and resume their daily lives. We are very proud of being named by U.S. News and World Report as one of the Best Nursing Homes in America for nine consecutive years as well as earning five-star ratings from the Centers for Medicare and Medicaid Services (CMS).

Our affiliation with BJC HealthCare also has provided area residents with convenient access to Children’s Specialty Care Services and Washington University specialists in maternal-fetal medicine, fertility and reproductive medicine, and pediatric and adolescent gynecology.

Memorial has been very successful this year in physician recruitment. We have added several primary care and internal medicine physicians. We also have added an OB/GYN, nurse midwife, neuro-hospitalist, and surgeons including orthopedic-spine, vascular, and foot and ankle to our Medical Staff. We continue to recruit for specialists in neurology, gastroenterology, and pulmonology along with additional family medicine/internal medicine physicians.

While the outlook for healthcare promises to be more challenging than ever, Memorial stands poised to strengthen its position as the healthcare provider of choice in the Metro-East region. Our affiliation with BJC HealthCare provides us access to world-class services and resources to adapt to an ever-changing healthcare market.

One of the major challenges facing healthcare today is workforce shortages. Memorial has found a way to help address this issue by sponsoring a Medical Explorer Post. This program is designed to give students an early introduction into the medical field in hopes of leading them to a career in medicine. Read more about this program on pages 18-20.

As we approach year end, we have a great deal for which we are thankful, including YOU—the residents of the communities we serve who continue to place your trust in us for healthcare services. This is something we don’t take for granted. It is something we take very seriously and continuously seek opportunities to improve upon what we do.

In your community, you heard the stories of two healthcare providers: Dr. Jennifer Jackson, a primary care provider at St. Anthony Hospital in East St. Louis, and Dr. Thomas Dunck, a vascular surgeon at Memorial Hospital Belleville.

Both Dr. Jackson and Dr. Dunck are people who take very seriously and continuously seek opportunities to improve upon what they do. And they are two of the many people who have worked to place your trust in us for healthcare services.

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Memorial Hospital Belleville and Memorial Hospital East Earn Re-Accreditation from the Healthcare Facilities Accreditation Program

Memorial Hospital Belleville and Memorial Hospital East have been re-accredited for three years by the Healthcare Facilities Accreditation Program (HFAP)—an organization devoted to maintaining the highest standards in patient care and compliance with changing governmental regulations. “Earning HFAP re-accreditation is a significant achievement and validates Memorial’s commitment to providing exceptional healthcare and compassionate service to the community,” said Mark J. Turner, Memorial’s president. “Memorial’s employees, Medical Staff, and volunteers all played an integral role in helping Memorial Belleville and Memorial East achieve re-accreditation, and I am very appreciative of their efforts.”

“Memorial Belleville and Memorial East clearly demonstrate commitment to quality and patient safety,” said Meg Gravesmiller, CEO of AAHHS, HFAP’s non-profit parent company. “We base our decision on the findings of an extensive and thorough on-site review of both hospitals against recognized national standards for patient safety, quality improvement, and environmental safety. Memorial Belleville and Memorial East have earned the distinction of HFAP accreditation through its performance in successfully meeting those standards.” HFAP is a nationally recognized not-for-profit accreditation organization ensuring Memorial’s compliance with the Medicare Conditions of Participation for Hospitals as published by the Centers for Medicare and Medicaid Services.

Memorial Hospital Belleville and Memorial Hospital East Receive Excellence in Healthcare Awards

Memorial Hospital Belleville and Memorial Hospital East were recently recognized for outstanding patient experience by national health organizations led by Professional Research Consultants, Inc. Memorial Hospital Belleville was named a Top Performer for outpatient cardiology services, earning a five-star award for overall quality of care in cardiac rehabilitation. Memorial Hospital East received five-star recognition for overall quality of care in the emergency department, outpatient diagnostic services, outpatient surgical services, and care transitions as well as four-star honors for inpatient services.

The Excellence in Healthcare Awards recognize organizations and individuals who achieve excellence throughout the year by improving patient experiences based on surveys of their patients. “We are very pleased to be recognized for the quality care our team delivers to our patients,” said Mark J. Turner, Memorial Regional Health Services president. “Recognition from those we serve is a testament to the exceptional healthcare and compassionate service our employees and medical staff provide.”

McDonald Healthcare Insights & Outlooks WINTER 2020

Memorial Hospital’s Cardiovascular/Pulmonary Rehabilitation Program Certified by Industry Leader

Memorial Hospital Belleville received certification of its cardiovascular/pulmonary rehabilitation program by the American Association of Cardiovascular and Pulmonary Rehabilitation (AACVPR). This certification recognizes Memorial’s commitment to improving the quality of life of patients by enhancing standards of care. To earn accreditation, Memorial’s cardiovascular/pulmonary rehabilitation program participated in an application process requiring extensive documentation of the program’s practices. AACVPR Program Certification is the only peer-review accreditation process designed to review individual programs for adherence to standards and guidelines developed and published by AACVPR and other related professional societies. Each program’s application is reviewed by the AACVPR Board of Directors. AACVPR Program Certification is valid for three years.

Memorial Hospital Belleville Among Nation’s Top-Performing Hospitals for Treatment of Heart Attack

Memorial Hospital Belleville has received the American College of Cardiology’s NCDR Chest Pain MI Registry Silver Performance Achievement Award for 2019. Memorial Hospital Belleville is one of only 86 hospitals nationwide to receive the honor.

A number of Memorial Network programs and services have been recognized by national organizations recently.

The award recognizes Memorial’s commitment and success in implementing a higher standard of care for heart attack patients and signifies that Memorial has reached an aggressive goal of treating these patients to standard levels of care as outlined by the American College of Cardiology/ American Heart Association clinical guidelines and recommendations.

“We are extremely honored to be included among such an elite group of hospitals to receive this award,” said Mark J. Turner, president of Memorial Regional Health Services. “This award is another testament to the quality of our staff and physicians in providing exceptional healthcare and compassionate service.”

U.S. News and World Report Names Memorial Belleville as High Performer

Memorial Hospital Belleville has been recognized as a “high-performing” hospital for treatment of heart failure and knee replacement.

“It is an honor to be consistently recognized by U.S. News and World Report as a high-performing hospital in these specialty areas,” said Mark J. Turner, president of Memorial Regional Health Services. “Our employees and medical staff are dedicated to providing exceptional care and compassionate service to our patients. Awards like these validate that.”

The Harold & Dixie LePere Breast Health Center Recognized for Achieving NAPBC Accreditation

The National Accreditation Program for Breast Centers (NAPBC), a quality program of the American College of Surgeons, has granted a three-year full accreditation with no deficiencies to The Harold & Dixie LePere Breast Health Center in Shiloh. The Breast Health Center received its first accreditation in 2016, making it the only NAPBC-accredited center in the Metro East.

“It is a great accomplishment to receive this accreditation from the NAPBC,” said Dr. James Cianahan, breast surgeon with Lincoln Surgical Associates and medical director of The Harold & Dixie LePere Breast Health Center at Memorial. “It affirms our dedication to provide those in our area with exceptional breast health services.”

As a NAPBC-accredited center, The Harold & Dixie LePere Breast Health Center is committed to maintaining levels of excellence in the delivery of comprehensive, patient-centered, multidisciplinary care resulting in high-quality care for patients with breast disease. Patients receiving care at a NAPBC-accredited center have access to information on clinical trials and new treatments, genetic counseling, and patient-centered services including psycho-social support and a survivorship care plan that documents the care each patient receives and seeks to improve cancer survivors’ quality of life. “We are extremely proud to be re-accredited by NAPBC,” said Mark J. Turner, Memorial Regional Health Services president. “This accreditation validates the commitment of our physicians as well as Memorial’s staff to provide exceptional breast health services to our patients.”

The oldest accrediting body in the United States, HFAP is recognized nationally by the federal government, state governments, insurance carriers, and managed care organizations.

Award-Winning Care

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Memorial Care Center Offers Skilled Nursing Care

When patients need skilled nursing care and rehabilitation after a surgery or hospital stay, they can turn to Memorial Care Center on the Memorial Hospital Belleville campus. Memorial Care Center offers everything patients need for short-term rehabilitation in a home-like environment.

“Our mission is to provide exceptional healthcare and compassionate service,” said Cassidy Hoelscher, Memorial Care Center’s administrator. “What that means to us is providing individualized care for each patient. We work to find out what the patient really wants out of their stay at the Memorial Care Center, and then figure out how we can make that happen with our interdisciplinary approach.”

Memorial Care Center’s goal is to get their patients home and back to their communities. The Center’s Safe Transition Home program gets patients and families involved in developing the discharge planning process. Teamwork at the patient and family level play an important part in 93% of patients returning home successfully.

Patients come to Memorial Care Center following illness, injury, or surgery when they need additional time to heal and gain strength between hospital and home. Patients hospitalized for heart failure, patients who have undergone joint replacement surgery, and patients who are recovering from a stroke are just some of the types of patients who come for rehab.

Patient recommended

When Dean and Cheryl Krantz began looking at options for rehab following Cheryl’s hospitalization in St. Louis, they were drawn to Memorial Care Center not only because it was close to home but because of their five-star rating and highly recommended reputation. What they found during Cheryl’s stay exceeded their expectations. You can learn more about Cheryl’s experience at mymemorialnetwork.com/mcc

“| couldn’t have been treated any nicer.
| I was treated like one
| of the family, and that
| was very important.”

– Cheryl Krantz

Skilled staff

To meet the needs of such a wide range of patients, Memorial Care Center’s Medical Director Dr. Michelle Van Dorn and Physiatrist (physician who specializes in physical and rehabilitation medicine) Dr. Katherine Herzog work together to meet the medical needs of each patient. Comprehensive skilled nursing services include IV therapy, blood transfusions, advanced wound care, and fall prevention.

Pet therapy

Memorial Care Center receives routine visits from a therapy dog, who comes to visit patients during their rehab stay. Friends and family are welcome to bring personal pets for visits if they are current with vaccinations and on a leash. Nothing compares to the joy a visit from a furry friend can bring.

Technology

The therapy department at Memorial Care Center offers a spacious gym with state-of-the-art treatments to meet the individual needs of each patient. These include the OmniStand and Biodex Balance Systems, which use technology to help patients regain balance and agility. Visit mymemorialnetwork.com/mcc to learn more about how Memorial Care Center uses technology.

Homelike environment

Memorial Care Center offers many activities for patients to enjoy during their stay. Patients can socialize through church services, bingo, musical entertainment, and more just as if they were at home or in the community. Find out more about everything Memorial Care Center has to offer at mymemorialnetwork.com/mcc

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Award-winning care

Centers for Medicare and Medicaid Services

Memorial Care Center was rated five stars for overall quality by the Centers for Medicare and Medicaid Services based on overall quality, health inspections, quality measures, staffing, and RN staffing.

Eli Pick Facility Leadership Award

Memorial Care Center was identified as a top performer by the American College of Healthcare Administrators. We were the only Illinois facility to qualify for the Eli Pick Facility Leadership Award.

U.S. News and World Report

We are also rated for the ninth consecutive year as one of the Best Nursing Homes by U.S. News and World Report 2018-2019 based on overall quality of care (health inspections, staffing, and quality measures).

Magnet® Status

Our facility has also been Magnet recognized since 2008 by the American Nurses Credentialing Center. Magnet status is the ultimate benchmark for measuring quality of care.
New Siteman Cancer Center at Memorial Hospital East to See Patients Beginning January 13

Siteman Cancer Center, the only National Cancer Institute-designated Comprehensive Cancer Center in the region, will begin seeing patients Monday, January 13, at its new facility on the Memorial Hospital East campus in Shiloh.

Siteman Cancer Center at Memorial Hospital East will occupy the first floor of the $36.5 million, 70,650-square-foot medical office building replacing the temporary space in Swansea, where Siteman has been operating since August 2018. The three-story building also will include clinical space for non-cancer care providers affiliated with Memorial and BJC Medical Group of Illinois.

Siteman operates as a “hub-and-spoke” based on the campus of parent institutions Barnes-Jewish Hospital and Washington University School of Medicine in St. Louis. Bone marrow transplants, proton therapy, and other highly specialized forms of treatment are administered at the main location, which works hand in glove with five satellites, including at Memorial Hospital East, to otherwise treat patients as close to home as possible.

Exceptional cancer care

Known for its exceptional cancer care, Siteman is among the top 1% of cancer centers nationally, according to U.S. News & World Report’s “2019-20 Best Hospitals” rankings, which consider survival rates, patient services, and other factors. Its NCI designation recognizes Siteman Cancer Center’s scientific leadership, resources, and breadth and depth of clinical and laboratory cancer research.

“We look forward to welcoming patients to this new facility,” said Timothy J. Eberlein, MD, Siteman director and the Spencer T. and Ann W. Olds Olin Distinguished Professor at Washington University School of Medicine. “At Siteman, we’re committed to delivering outstanding cancer care to patients in a comfortable and convenient setting. We believe strongly in a team approach to cancer care, and our Washington University physicians provide unparalleled expertise and experience in treating all types of cancer, even those that most physicians would consider to be rare.”

Multidisciplinary approach

This new facility provides multidisciplinary care with radiation oncology and chemotherapy services, as well as access to therapeutic clinical trials, which are designed to evaluate the effectiveness of innovative cancer therapies. By participating in a clinical trial, patients can gain access to investigational therapies that are not widely available to the public. For the convenience of patients, the new location also has an on-site diagnostic laboratory and a pharmacy.

“We are very excited to have Siteman Cancer Center on the Memorial East campus,” said Mark J. Turner, president of Memorial Regional Health Services, which includes Memorial Hospital East and Memorial Hospital Belleville. “To have convenient, world-class cancer treatment services right here is a tremendous asset for residents throughout the entire region.”

Construction continues at Siteman Cancer Center at Memorial Hospital East.

Washington University Physicians in Illinois, Inc. will provide specialty cancer care to patients at the Siteman at Memorial Hospital East location.

Radiation oncologists
• Susan Leduzinsky, MD
• Jason Lee, MD, PhD
• Nurse Practitioner
Rhonda McCabe

Medical oncologists
• William J. Popovic, MD
• Alfred O. Greco, MD
• Nishant Poddar, MD
• Guillermo Rodriguez Jr., MD
• John L. Visconti, DO
• Nurse Practitioner
Alicia Carmack

Gardens and landscaped areas are beneficial in treating patients with cancer by:
• Helping patients achieve a sense of self control.
• Encouraging social support.
• Offering opportunities for movement and light exercise.
• Providing soothing distractions.

In addition, contributions designated for the Garden will go toward your cumulative giving to the Memorial Foundation and recognized as such on the donor wall. Gifts can be made by cash, credit card, or check. To make your donation, please call the Memorial Foundation at (618) 257-5659.

Memorial Regional Health Services hosted a groundbreaking ceremony on the Memorial Hospital East campus Monday, January 13, at its new facility.

Make a Difference: Give Today to Support the Siteman Cancer Center Healing Garden at Memorial Hospital East

Research has shown that engaging with nature has multiple health benefits and presents an opportunity to improve outcomes. As part of Siteman Cancer Center at Memorial Hospital East’s overall plan of care for its patients, architects have been very deliberate in facility design to incorporate nature to help patients and their families feel more relaxed during a very stressful and uncertain time in their lives. In addition to the already peaceful and beautiful park-like setting on the Memorial Hospital East campus, a Healing Garden has been incorporated into the Siteman at Memorial Hospital East’s design. This space provides a place for patients, families, and caregivers to find comfort, manage anxiety and stress, and find a healing environment—they might not have elsewhere. It also helps create awareness that everyone is part of the cancer journey.

While an important part of Siteman at Memorial Hospital East, funding for the Healing Garden is not part of the project cost. Infrastructure and landscaping cost for a Healing Garden on the Siteman at Memorial Hospital East campus is $445,000. This does not include ongoing maintenance.

The Memorial Foundation is seeking donations to fund the Siteman at Memorial Hospital East Healing Garden. Gifts can be made in honor or memory of a loved one and will be acknowledged throughout the Garden. Memorial’s Auxiliary already has committed $200,000 to this project. Won’t you join them and make a difference?

Donor recognition
• gifts of $10,000 or more will be recognized with plaques on the stone walls near the entry of the Garden.
• Gifts of $5,000 to $9,999 will be recognized with plaques on the stone walls throughout the space.
• Gifts of $1,500 to $4,999 will be recognized with etched garden stakes placed throughout the Garden.

Named gift opportunities exist; please contact the Memorial Foundation to discuss those options.
Memorial Foundation’s Un!que Spirits and Sweets Raises Over $30,000 for The Harold & Dixie LePere Breast Health Center

Memorial Foundation’s fifth annual Un!que Spirits and Sweets event held October 17, raised over $30,000 for The Harold & Dixie LePere Breast Health Center at Memorial. Over the past five years, this event has raised more than $130,000 for services and technology for the Center.

Proceeds from this year’s event will be used to purchase a new breast biopsy machine for the Center as well as software to ensure optimal positioning and compression quality. The new biopsy machine can be used in ultrasound-guided, stereotactic, and MRI biopsies. MRI biopsies are performed in the hospital, while the ultrasound and stereotactic can be done in the Center. Being able to purchase another biopsy machine allows for dedicated units in each area.

The biggest advantage of the new software is that it makes women more aware of how dense their breasts are on a percentage scale, said Kim Widel, The Harold & Dixie LePere Breast Health Center manager. “In the past, women are simply told they have dense breasts,” Widel said. “With this new tool, women can be told they have breasts 96 percent dense, which may require further testing or closer management than a woman with a breast density of 10 percent.”

The Harold & Dixie LePere Breast Health Center is accredited by the National Accreditation Program for Breast Centers as well as recognized by the American College of Radiology as a Center for Excellence.

Thank You 2019 Sponsors

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Memorial Hospital Auxiliary
Jim and Lynne Clarahan
Stifel Investment Services (Todd Rinderer)

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Anesthesia Associates of Belleville
Ashland Storage Centers
Dr. and Mrs. Jay Haines
IMPACT Strategies
Mathis, Marifian & Richter, Ltd.
Mark and Mary Ann Turner

Brew
Advanced Ankle and Foot Surgeons, LLC
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John and Janice Dorris
Greensfelder — Kurt Schroeder and Gary Reuter
Gary and Cindy Guthrie
The Olroyd Family — Becky Olroyd, Sarah and Bob Schwebel, Doug and Jill Olroyd, Dr. Emily Olroyd
Drs. Leopoldo and Beatriz Pardo

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Julie Eichholz

Dr. Eldon Trame, Dr. Elizabeth Stewart, Dr. Debby McDermott, David Glaub, Tim McDermott, and Barbara Glaub

Unique Spirits and Sweets Committee Member Diana Barnett with the signed Michael Kors purse during the oral auction bidding

Dr. James Clarahan, medical director for The Harold & Dixie LePere Breast Health Center and emcee for the evening

Terri Hundelt, Kim Widel, and April Friedman, staff members at The Harold & Dixie LePere Breast Health Center

Auctioneer
Mel Weith

Dr. Eldon Trame, Dr. Elizabeth Stewart, Dr. Debby McDermott, David Glaub, Tim McDermott, and Barbara Glaub

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Cancer survivor and speaker
Julie Eichholz
From newborns to teens, children have ever-changing medical needs. Memorial has dedicated teams to meet those needs.

MEMORIAL NETWORK
HIGH-QUALITY CARE JUST FOR KIDS

At Memorial’s Family Care Birthing Centers, we offer family-centered care—meaning you get the birthing experience you want. And for our most fragile patients, we have Washington University Physicians in Illinois, Inc. neonatologists and a Level II E Nursery at Memorial Hospital East to take care of babies as early as 30 weeks and as small as 2.75 pounds.

In our emergency departments, we are pleased to offer experienced pediatric nurses and physicians who know children—inside and out—with Children’s at Memorial. Their kid-friendly amenities also help make your child’s experience a little less scary.

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Washington University physicians are known for providing trusted, pediatric care for children and adolescents. Washington University Physicians in Illinois, Inc. offer the following specialties in its multispecialty center in Shiloh:

- Adolescent Medicine
- Allergy and Pulmonology
- Cardiology
- Endocrinology
- Gastroenterology
- Nephrology
- Urology

Memorial Hospital East – Medical Office Building
1414 Cross Street, Suite 140A, Shiloh

For more information or to schedule an appointment, call (314) 454-KIDS (5437) or physicians.wustl.edu/memorialkids

MyMemorialNetwork.com · 13

Victoria Oldham of Belleville and Nate Brede of Trenton have been named Memorial Foundation Scholar Athletes of the Year.

Oldham and Brede will each receive a $1,500 college scholarship from Memorial Foundation to assist with their college education.

“Memorial Foundation is pleased to be able to assist these students in pursuing their college educations,” said Anne Thomure, Memorial Foundation executive director. “These scholar athletes have excelled in the classroom as well as in their respective sports. We wish these students all the best.”

Oldham, who was December’s Scholar Athlete of the Month, has a 4.0 GPA and has played basketball, volleyball, and softball. She was on the all-tournament volleyball teams for the Jacksonville and Quincy tournaments as well as the Southwestern Conference First Team and Academic All-Conference Team. She also earned scholar athlete awards for volleyball and softball. Oldham is a member of the National Honor Society and French Honor Society, and she also tutors other students in French. Involved in a variety of school activities, she is a member of Student Council, Chick-Fil-A Leadership Academy, and Key Club. In addition, she is a Big Brother’s Big Sisters volunteer and has a part-time job. Oldham is planning to major in mechanical or environmental engineering, so she can change lives.

Brede, February’s Scholar Athlete of the Month, has a 4.0 GPA. He is a member of the National Honor Society and was named an Illinois State Scholar. Brede also is an Illinois High School Athletic Association Academic winner and was named a senior of the month for 96.7 FM and a Clinton County Prep Athlete of the Week. In addition, he earned team honors in math, algebra, and geometry from the Illinois Council of Teachers and was homecoming king runner-up. Brede is a member of the Fellowship of Christian Athletes serving as a huddle leader, and he is a Mighty Mentor and has volunteered for a variety of committees and functions at his school. With plans to study actuarial science and accounting in college, Brede has been accepted to five universities: SIUE, SIUC, Illinois State University, Millikin University, and McKendree University.

About the Scholar Athlete Program
The Scholar Athlete Program, sponsored by Memorial Foundation in cooperation with Memorial Rehab and Sports Medicine and BJC Medical Group Orthopedics and Sports Medicine, recognizes one male and one female senior scholar athlete from a high school in Memorial’s primary and selected secondary service area. The monthly award winners are eligible for one of two $1,500 scholarships.

Memorial Foundation has paused the program for the 2019-2020 school year.

Nate Brede of Trenton
Graduate of Wesclin High School
Victoria “Tori” Oldham of Belleville
Graduate of Belleville West High School

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Healing Arts Program
Launches at Memorial Hospital East

Memorial Foundation’s Healing Arts Program provides an opportunity for donors to select artwork for designated spaces on the campus of Memorial Hospital East. This program will be available at Memorial Hospital Belleville in the near future.

Local and regionally inspired artwork
A variety of landscapes, recognizable landmarks, and signature events all are part of the fabric that makes this region unique. Many of us are deeply rooted in the area with family and friends living here for generations; others, like the men and women at Scott Air Force Base, quickly find a sense of community and family while serving our country here.

The goal is to use artwork created by local and regional artists reminiscent of the local landscape, farmland, landmarks, and culture. So whether you’re a long-time resident or new to the area, you will feel a sense of comfort and community through the artwork throughout the hospital.

Six pieces of artwork have been commissioned from local artists as well as artists who have participated in Art on the Square. The pieces will be located in the Main Lobby, second floor, Family Care Birthing Center waiting room, and the elevator lobbies on the fourth and fifth floors. Memorial Group, Inc. designated $50,000 to purchase these commissioned pieces and launch the Healing Arts Program.

Become a donor
To learn more about the Healing Arts Program, call Memorial Foundation at (618) 257-5659 or visit memhospeast.com/arts to download a catalog.

Employees Give Back Through Donations to Memorial Foundation

For almost 30 years, employees of Memorial Hospital Belleville, Memorial Hospital East, Memorial Care Center, and Belleville Health and Sports Center have established a tradition of generously supporting Memorial Foundation. Since the Employee Campaign started in 1991, contributions and pledges have exceeded $1.9 million.

The old saying “charity begins at home” applies to the Employee Campaign as it sets the tone and lays the foundation for other fundraising that Memorial conducts in the community. Financial support from our donors helps us provide the resources to meet community need. That includes financial support from our employees, board members, physicians, area businesses, Auxiliary members, and our grateful patients and community.

The Employee Disaster Assistance Fund provides limited financial assistance to employees who have been impacted by a natural disaster (fire, flood, tornado, etc.) or who have had unexpected expenses due to medical issues or death of an immediate family member. The fund was established in 1999 with a percentage of contributions and pledges from the Employee Campaign going to the fund.

The 2019 Employee Campaign raised contributions and pledges of over $59,400, which will be used to:

• Purchase an anesthesia unit for Memorial Hospital Belleville’s operating room and telemetry transmitters for the fifth floor nursing unit at Memorial Hospital East.
• Replace the bi-pap unit at Memorial Care Center.
• Support the Employee Disaster Assistance Fund or the area of greatest need.

Since the Employee Disaster Assistance Fund was established, over $310,000 has been given to more than 640 employees.
Memorial Foundation Golf Tournament Raises $73,000 for C-Arm Machine

Memorial Foundation’s Third Annual Golf Tournament, held on June 10 at St. Clair Country Club, raised $73,000 to purchase a C-Arm unit for Memorial’s Pain Management Center. C-Arm technology provides imaging to assist the physician with precise needle placement critical in delivering pain relief to the patient.

“Thank you to all of our sponsors and participants for making our first tournament a huge success,” said Anne Thomure, Memorial Foundation’s executive director. “It was wonderful to see so much support from the community and area businesses.”

Winners

**Flight A**
First place – Score 57
Ryan Altmansberger, Dave Miller, Craig Toberman, and Shane Moskop
Second place – Score 58
Tim Riley, Joe Riley, Ed Bott, and Garry Reuter
Third place – Score 60
Randy Ganim, Bryan Ganim, Kevin Meder, and Randy Phillips

**Flight B**
First place – Score 66
Ed Lane, Chad Treacy, Chris Schroeder, and David Bauer
Second place – Score 66
Hank Rohwedder, Todd Neighbors, Kevin Pesko, and Ron Stephens
Third place – Score 66
Mike McManus, John Sadoff, Ed Magee, and Sean McManus
Places decided using scorecard playoff.

**Flight C**
First place – Score 69
Brandon Howard, Jack Thompson, Matt Sockoch, and Jeff Gray
Second place – Score 70
Greg Cundiff, Matt Cundiff, Jeff Basket, and Barry McClure
Third place – Score 70
Adam Hill, Steve Parrish, Jennifer Meyer, and Becca Boyer

Dave Miller, Perry Hartwick, Larry Eckert, Ed Lane, and Randy Phillips all won prizes in the closest-to-the-hole contests. Jeff Pevelet won the putting contest with a hole in one.

**About Memorial Foundation**
Memorial Foundation is a 501(c)(3) organization that supports the purpose of Memorial Regional Health Services through fundraising and friend-raising activities that promote health, wellness, and related services available throughout the organization.

**Funds Raised from Churches**
Funds raised from churches during the 2014 Progress Rooted in Tradition Capital Campaign for Memorial, along with contributions from Memorial employees, were used to create a tranquility garden adjacent to the front entrance of Memorial Hospital East. The evergreen tree used in the garden was from the “topping out” ceremony at Memorial Hospital East in September 2015. This ceremony marked placement of the final piece of structural steel in the hospital’s construction. The area also is adorned with flowering dogwoods and other ornamental plants and pots with seasonal flowers.

The Memorial Foundation is seeking additional donor funds for a sculptural centerpiece in the tranquility garden. Plans include installing a sculpture on a base that would contain a time capsule filled with items commemorating the history, construction, and opening of Memorial Hospital East. This addition to the space could be made in honor or memory of someone and provide a lasting legacy for generations to come.

If you have an interest in this project, please contact the Memorial Foundation at (618) 257-5659.

**Tranquility Garden Installed at Memorial Hospital East**
The first Memorial Medical Explorer Post 9084 was held this past spring. Twenty-five students participated in the Explorer Post 9084 program, which introduces high school students to careers in healthcare over the course of three Saturday mornings. The program was a partnership between Belleville Township High School West and East St. Louis High School. Memorial Medical Staff paid the students’ registration fees and funded some equipment such as blood pressure cuffs, laparoscopic trainers, and skin suturing trainers. The Memorial Information Technology Department donated retired laptop computers to work with the training equipment.

High school counselors helped promote the program and identify students who qualified and might be interested. The three requirements to be considered for entry into the Explorer Post program are having a 3.0+ grade point average, being a junior or senior, and maintaining a good disciplinary record.

Dr. Morris Kugler, a retired surgeon from Belleville, started the Explorer Post program in southern Illinois. He

"The Medical Explorers Program provided a hands-on, career-like experience in a wide variety of medical professions that the students would not have been exposed to if it wasn’t for the program. Those experiences provided life-changing opportunities for our students to move forward into the next phase of their education/career choices."

– Kaitlynn Buettner, Belleville Township High School West health services instructor

The Explorer Post program helps introduce young people to healthcare and encourage them to stay here.

– Dr. Morris Kugler
She then told him they were driving to the Memorial Hospital East emergency room. As Joel tells the story, “Of course my male ego kicked in telling her it was indigestion, but off we went. From that point on I knew the Lord was in the plan, because at eight o’clock in the morning on Frank Scott Parkway from Old Collinsville Road to Memorial East, we encountered no traffic nor red light.”

MEETING JOEL STORCH, you would never imagine him to have suffered a heart attack. He looks very fit and will tell you about his regular exercise routine and healthy eating habits. Of course, his lifestyle habits all began after May 29, 2018, when he was driven to Memorial Hospital East by his wife Gail Storch, who recognized that he was having the classic symptoms of a heart attack. They had just flown from Texas the day before and were getting ready for a road trip to Topeka, Kansas, the next day.

At 6 a.m., Joel awoke with a nauseous feeling and attributed it to eating late the evening before. After attempting to vomit, he suddenly broke out into a sweat that completely soaked him; this was followed quickly by numbness in his left arm and a sharp pain in his chest. Gail recognized the symptoms and quickly had her husband chew an aspirin and get dressed.
“Upon arrival at the Memorial Hospital East emergency room, at 8:15 a.m., Gail wheeled me in and said the magic term—’I think my husband is having a heart attack,’” Joel continued. “From that point forward, the professionalism and established procedures for this kind of emergency kicked in.”

At the hospital
Joel was given an EKG and wheeled directly into an emergency room suite. The emergency room staff informed Joel and Gail that he was having a heart attack, which was confirmed by Dr. Syed Abdul-Aziz. The Memorial Hospital East cardiac cath team soon took over, and Joel was taken to the Cath Lab. Dr. Abdul-Aziz and the team performed the cath procedure and determined that there was a 100 percent blockage in the right coronary artery and that Joel was still having the heart attack. Dr. Hatim Mahmood then placed a stent.

After two days in the ICU, Joel was transferred to the fifth floor of Memorial Hospital East for two days of further evaluation. During this time, the patient educator and advocate told him about the Cardiac Rehab Program, which Dr. Abdul-Aziz wanted him to participate in.

Making changes in the Cardiac Rehab Program
On June 4, Joel contacted the Cardiac Rehab Program and spoke to Department Director Barb Masters.

“From that first phone call you knew this person was passionate as well as completely dedicated to the Cardiac Rehab Program,” he said. “She established a start date of June 20 and the exercise regimen I should start immediately. On June 20, I had my initial visit and was given a thorough and professional initial assessment by Barb and a cardiac therapist. I was impressed with the evaluation and informed of the structure of the program I would be entered into, and we mutually established achievable goals.”

At that first visit, Joel was given a step-by-step explanation of what to expect of the Cardiac Rehab Program and what would be expected of him. “I was not there to be coddled but to complete a program, which would result in a lifestyle change with the goal of preventing further progression or development of coronary artery disease,” he said. “I was introduced to the overload principle, which meant I would be exercising at a level above what I would have normally done in the past. Though the rehab Program is structured, it is also flexible and designed to meet the individual’s needs and physical constraints, it is divided into three phases and individuals progress at various paces according to their abilities.”

Joel completed Phase I (inpatient) and Phase II (outpatient). He then began Phase III (maintenance program), which allows graduates to continue to attend and exercise in a self-directed environment. “You are guided in the process with a structured format, and the staff is available for questions and assistance as needed,” he said. “I believe when you accept the lifestyle changes and physical fitness regimen prescribed by the Cardiac Rehab Program, you are assured continued success.”

“The rehab facility is furnished with the most modern and quality exercise equipment, as well as maintained to meet all safety requirements,” Joel said. “The facility accommodates a variety of different exercise equipment but in a quantity to allow for persons in the program to utilize the needed devices for their individual needs without being delayed.”

Joel’s life now
“I have had a lifestyle change, which I have found not restrictive, but one that I believe will allow me the opportunity to enjoy a healthy extended life,” Joel said. “Prior to my episode, I felt my overall health was good and never expected a heart condition to appear. I enjoyed distance walking and did it occasionally, but I was not disciplined to daily exercise.

I was on cholesterol medication and felt that was taking care of my eating whatever I felt like. We have adjusted our eating habits and find that it is not only nourishing and heart healthy but also tastes good. Exercising has become part of my daily routine but not restrictive to our daily activities. When I had my heart attack, I weighed 196 pounds; I now maintain my weight at 185 pounds.”

Joel is a firm believer in the Cardiac Rehab Program. “I would encourage anyone who has a heart-related episode to consider the Cardiac Rehab Program and approach it with a positive attitude,” he said. “Each of us who are currently in, completed, or are in a continuation of the program can vouch for the successes we enjoy. As the saying goes, ‘Try it; you’ll like it.’”

“From the time you enter into the Cardiac Rehab Program through the time you graduate, you are assured that you are of prime concern and that achieving your goal is paramount to the program staff.”

—Joel Storch

Testimonial

Recognizing Signs and Symptoms of Heart Attack

Chest pressure, squeezing, aching, or burning

Feeling of fullness

Pain that travels down one or both arms

Jaw pain

Excessive fatigue

Anxiety

Nausea

Back pain

Shortness of breath

Denial of a heart condition

If you recognize these symptoms in you or someone else, CALL 911.

Learn more at memorialheartvascular.com/early-heart-attack-care
Life-Saving Lung Cancer Screenings Available at Memorial

Could you be at risk for lung cancer?

Unfortunately, lung cancer kills more people than any other cancer in the United States. Catching it early is key, and Memorial can help with a low-dose CT-scan screening.

Who should have a lung cancer screening?
If you are between the ages of 55 and 77 and meet the following criteria, you might want to talk to your physician about a lung cancer screening:

- Currently smoke or have quit within the last 15 years
- Have a smoking history of at least one pack a day for 30 years
- Are asymptomatic for lung cancer

If you still aren’t sure if a lung cancer screening is right for you, take our online Lung Cancer Screening Assessment at mymemorialnetwork.com/lung-assessment. Most insurance companies will cover this screening. A physician order is needed. Check with your insurance provider for pre-certification from some insurance companies may be necessary.

When cancer is found early with screening, patients may undergo less invasive surgeries and retain more of their lung tissue.

Only designated center in the Metro East
Memorial Hospital Belleville has been designated a Lung Cancer Screening Center by the American College of Radiology (ACR). Memorial is the only hospital in the Metro East with this designation. The ACR Lung Cancer Screening Center designation is a voluntary program that recognizes facilities that have committed to practice safe, effective diagnostic care for individuals at the highest risk for lung cancer.

Schedule a screening
Call Memorial’s centralized scheduling at (618) 257-4949 for an appointment Monday-Friday 8 a.m.-5 p.m. & 11 a.m.–2 p.m. Scheduling for an appointment can be made up to 12 weeks in advance.

Take our online Lung Cancer Screening Assessment at mymemorialnetwork.com/lung-assessment

About CT scans
A simple low-dose CT screening is proven to effectively reduce the number of lung cancer deaths among high-risk patients. This relatively safe screening uses as little as 10% of the radiation found in an ordinary chest CT. Plus, it is painless, non-invasive, and takes approximately 10 minutes.

Memorial Senior Counseling Services
CELEBRATES MILESTONE

Memorial Senior Counseling Services, previously known as Memorial Senior Care, celebrated its 15th anniversary on October 15. This service offers seniors in the community outpatient group and individual counseling in a warm, confidential home setting.

For the past 15 years, Senior Counseling Services has helped seniors improve their quality of life and increase their feelings of peace and joy in the golden years. Many patients take advantage of group and individual therapy to help deal with the loss of a spouse or loved one. Some patients learn how to manage anxiety, panic, and depression that can happen as we get older and face health issues, lifestyle changes, and limitations to what we can comfortably do.

Our staff
Senior Counseling Services has an experienced, caring, and compassionate staff that includes: Dr. Mark Freeman, adult psychiatrist and medical director for the past 15 years; Donna S. Heierman, MA, LCSW, program director and licensed clinical social worker; Mary Mueth, RN, BSN, program nurse; Kathleen Collins Seibert, MA, LCSW; Stephanie Eddens, MS, LCP; Diane Reed, office manager and lead psych tech; and Crissy Raggetti and Michael Reed, psych techs. Senior Counseling Services provides a team approach to create an individualized treatment plan for each patient.

Signs these services may help you
Heierman provided a list of some of the signs that you, a family member, or friend may need help:

- Low energy
- Sleep difficulty
- Nervous, unable to relax
- Sad and depressed
- Feeling hopeless
- Constant worry
- Lonely and/or removed from family
- Forget housework or chores

Don’t ignore these signs. If you or someone you love is struggling, contact Memorial Senior Counseling Services today.

Learn more
Transportation is available free of charge if needed, providing a safe door-to-door service for Senior Counseling Services patients. Medicare A and B covers this service without requiring a physician referral. Patients may call for an appointment. For more information or to schedule an assessment, call Memorial Senior Counseling Services at (618) 257-5900.

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Left to right: Mary Mueth, Crissy Raggetti, Kathleen Collins Seibert, Diane Reed, Donna Heierman, Stephanie Eddens, Dr. Mark Freeman, Mike Reed

Memorial Hospital Belleville was designated and approved by IDPH to be an Alzheimer’s Primary Provider site in April 2009. All of the sites complete the same standardized assessment.

Learn more
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For more information or to schedule an assessment, call Memorial Senior Counseling Services at (618) 257-5900.

Healthy Programs

Memorial Senior Counseling Services is on the Hospital Belleville campus across from the hospital’s main entrance in a two-story brick home.
The Memorial Network Promotes Stroke Awareness

Recently, the Memorial Network started an online and poster campaign to promote stroke awareness in the Metro East community. The campaign incorporates BE FAST, which was developed by Intermountain Healthcare as an adaptation of the FAST model implemented by the American Stroke Association. In addition, an online quiz was created at memorialheartvascular.com/stroke-risk to help patients find out if they may be at risk for stroke.

The Lee Silverman Voice Treatment (LSVT) BIG Program, offered through Memorial’s Orthopedic and Neurosciences Center, is designed to help patients diagnosed with Parkinson’s disease increase their amplitude of movement, which means how big or small their movements are.

“There’s a sensory motor dissociation, so they don’t realize they’re moving smaller,” Memorial Occupational Therapist Maria Matthews said. “We’re going to increase the amplitude, get them to move bigger, so they can do all their activities of daily living that they were not able to do before.”

Patients who have Parkinson’s disease can take advantage of the LSVT BIG Program at any time, whether they were diagnosed recently or have been living with the disease for decades.

Individualized treatment During the first of 16 visits (four visits a week for four weeks), each patient goes through an initial evaluation to see where they are and what they want to work on. This allows Memorial’s occupational therapists to customize the LSVT BIG Program to the patient’s individual needs.

“I just kind of have them explain to me what their symptoms are,” said Chelsea Rippelmeyer, an occupational therapist with Memorial. “Sometimes it’s freezing, handwriting’s gotten smaller, it’s hard to walk, or they’ve fallen. A lot of patients have decreased balance with Parkinson’s. I go over what’s important to them and what kind of things they want to work on. Then we educate on how we’re going to tie that into their program to make it more focused on that individual patient I’m working with.”

The LSVT BIG Program uses eight maximum daily exercises. “The exercises focus on increasing amplitude of movement with head turns, trunk rotation, upright posture,” Matthews said. “They focus on the starts and stops, which help the freezing episodes Parkinson’s patients have.”

Throughout the LSVT BIG Program, Matthews and Rippelmeyer work with patients on the eight daily exercises during one-on-one sessions. “We also do daily canyover tests, so we’re going to send them home with some home-work of putting a jacket on and off or zipping up a zipper,” said Matthews. “The daily canyover tasks pertain to their everyday life, so we get that not only in the clinic but also in their home.”

Patients are typically seen three to six months after completing the LSVT BIG Program for a recheck to see how they are doing.

Success stories Matthews and Rippelmeyer have had many success stories over the years.

“I had a grandmother who could not go shopping with her granddaughter anymore, because it was hard for her to get in and out of the car and pushing that shopping cart was just scary in a store,” Matthews shared. “When she first came to our program, she would hang on to her husband’s arm. By the end of the sixteenth session, she was able to go shopping alone with her granddaughter, and she was just smiling from ear to ear. That was an activity that she dearly cherished, and she was able to get back to.”

Rippelmeyer had a patient who was not only successful in the LSVT BIG Program, but she loved it so much that she got certified in another Parkinson’s training program.

Learn more To find out more about the LSVT BIG Program at Memorial, visit ortho-neurocenter.com/big-loud.

The exercises focus on increasing amplitude of movement with head turns, trunk rotation, upright posture.

– Maria Matthews
Occupational Therapist
Local Teens Earn Girl Scout Silver Awards

When Alia Barcus and Sidney Alumbaugh were thinking about what they could do to earn their Girl Scout Silver Awards, they immediately thought about what they could do to earn Silver Awards, they decided to find the room’s decor. Members of Scout Troop 547, Barcus and Alumbaugh began their Silver Scout journey at Carrel School; this year they are freshmen at O’Fallon High School.

The Xi maximizes my ability to accomplish these goals, which improves patient outcomes.

– Dr. Jacob T. Ark

Memorial has installed the latest version of the da Vinci advanced robotic-assisted surgery tool: da Vinci Xi. The da Vinci Xi Surgical System can be used for a number of minimally invasive surgical procedures and has been optimized for gynecologic, urologic, thoracic, cardiac, and general surgeries.

By providing access through the abdomen or chest, the da Vinci Xi System expands upon core da Vinci System features, including wristed instruments that bend and rotate far greater than the human hand, 3D-HD visualization, intuitive motion, and an ergonomic design. The surgeon is 100% in control of the da Vinci Xi, which translates their hand movements into smaller, more precise movements of tiny instruments inside the patient’s body. Plus, the da Vinci Xi System’s immersive 3D-HD vision system provides surgeons a highly magnified view, virtually extending their eyes and hands into the patient.

For patients, the da Vinci Xi usually results in less pain, smaller incisions, and shorter recovery time. What surgeons are saying Dr. Kevin Barnett, a general and minimally invasive surgeon with Lincoln Surgical Associates and general surgery section chief at Memorial Hospital, and Dr. Jacob T. Ark, a urologic surgeon with Urology of St. Louis, both spoke on the advantages of the new da Vinci Xi System. Dr. Barnett most often uses da Vinci Xi for gallbladder surgeries, hernia repairs, and colon resections. And Dr. Ark performs prostatectomies (for prostate cancer and non-cancerous prostate), lymph node dissections, and nephrectomies (for kidney tumors).

“The da Vinci Xi System enables the surgeon to be seated while using it to direct the robotic arms, which is much more ergonomic and leads to fewer overuse injuries for the surgeon over time,” Dr. Barnett said. “The surgeon does not need to rely on someone else holding a steady camera either, since the system has a monitor with 3D-HD. When possible to use the da Vinci Xi System, the patient and physician can both benefit.”

“The majority of my robotic cases are for prostate cancer,” said Dr. Ark, who has operated on three generations of the da Vinci System. “The challenge is finding the balance of getting all of the cancer out but without damaging non-cancerous surrounding tissue—damaging that can result in very bothersome urinary and sexual symptoms for the patient. Therefore, I need excellent visualization and fine motor movements so that I can delicately sweep nerves for sexual function, preserve pelvic floor muscle fibers to minimize urinary symptoms, and carefully sew the bladder and urethra back together, all without leaving cancer behind. The Xi maximizes my ability to accomplish these goals, which improves patient outcomes.”

Although it’s called robotic surgery, surgeons are in complete control of the da Vinci Xi’s robotic arms, and because surgery takes teamwork, Dr. Barnett said, “The operating room staff still plays a vital role providing sutures, clips, and tools.”

Is da Vinci Xi right for you?

If you are a candidate for minimally invasive surgery, ask your doctor about the potential benefits of robotic surgery. Drs. Barnett and Ark are just two of many surgeons on staff who perform surgeries using the da Vinci Xi System.
“It has been very rewarding for me, and I enjoy the interacting with patients and employees.”

Don Feldott
Memorial Hospital East Auxiliary Chair

Memorial Hospital East Auxiliary Chair Don Feldott Continues to Serve

After serving 24 years in the Air Force and retiring as Chief Master Sergeant, Don Feldott is accustomed to serving others.

Feldott started volunteering at Memorial Hospital East when it first opened in 2015. As a Memorial Hospital Auxiliary, he has worked in every role there is and is willing to fill in whenever needed. Feldott has been the Auxiliary chair at Memorial Hospital East for the past two years. This requires him to keep a roster and duty schedule of all volunteers, pass on information to the volunteers from the Auxiliary director, and report Memorial Hospital East news and updates at monthly Auxiliary board meetings.

He encourages others to volunteer at Memorial. “It has been very rewarding for me, and I enjoy the interacting with patients and employees,” Feldott said.

Feldott also serves as treasurer and board member for the St. Louis Chapter of Paralyzed Veterans of America and makes weekly visits with an Alzheimer’s patient. He also stays busy with his pet llama and alpaca, which attract visitors to his home to take pictures.

Upcoming Auxiliary events

- Shoe Show: October 29 & 30
- Linen Sale: November 21 & 22
- Jewelry Show: December 5
- Candy Sale: December 12 & 13

All events are held in the Memorial Hospital Belleville Auditorium.

Volunteer opportunities

Do you want to stay active and involved while continuing to learn and make contributions to your community?

Opportunities are available within Memorial Hospital’s Auxiliary:

- Memorial Care Center
- Siteman Cancer Center
- Gift Shop
- Nursing Services
- Visitor/Family Waiting Areas
- Outpatient Surgery
- Surgical Waiting Lobby
- ICU Visitors’ Lounge
- Patient Ambassadors
- Patient Transport
- Annual Book Bazaar
- Information Desks
- Medical Office Centers
- Community service projects
- Fundraisers
- Clerical duties
- Creative projects

For more information on opportunities with the Auxiliary, please call (618) 257-5545.