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A Message from the President


I am excited to share this issue of Insights & Outlooks with you. It contains a variety of wonderful stories that exemplify the meaning of these three words—Dedication. Compassion. Innovation.

Dedication

Dedication to our mission is apparent when I look at the awards and recognition Memorial received in 2018. We were honored to have Memorial Hospital Belleville recognized by U.S. News & World Report as a “Best Regional Hospital,” making us one of the Top 5 hospitals in the entire St. Louis area. Memorial Hospital East celebrated its third birthday in April and was recognized by Professional Research Consultants for five-star care.

In addition, Memorial Care Center (MCC) was honored for the ninth consecutive year as one of the Best Nursing Homes in America by U.S. News & World Report. You also will read a story in this issue about two other prestigious honors MCC has received.

Compassion

You also will read in this issue about some dedicated long-term employees as well as two Auxiliary volunteers who have logged over 25,000 service hours to Memorial.

Their significant contributions and compassion they have shown to our patients, physicians, and employees have made a positive difference. We are grateful for their service to Memorial.

Innovation

Memorial has a long-standing reputation for innovation to meet community needs. In this issue, you will read about Siteman Cancer Center’s first Illinois location.

Currently, Siteman and Washington University Physicians in Illinois, Inc. are providing services at 4000 North Illinois in Swansea until its new home on the Memorial Hospital East campus is completed in early 2020. This will provide convenient access to world-class, cutting-edge cancer treatment services to residents throughout central and southern Illinois.

You also will read about the success of the first phase of the Medical Office Building on the Memorial Hospital East campus. The $26 million, three-story, 70,500-square-foot structure provides office space for primary care and physician specialists as well as imaging, which includes CT scanning, laboratory, physical/occupational, and speech therapy, as well as The Harold & Dixie LePere Breast Health Center.

Washington University Physicians in Illinois, Inc. also has established specialty care clinics in the Memorial Hospital East Medical Office Building. You can learn more about the services they offer on page 11.

Memorial Medical Group has transitioned its brand to BJC Medical Group (BJCMG) of Illinios. Rest assured, these are the same physicians you have come to know and trust. And I am happy to report BJCMG of Illinois continues to grow with the addition of two family medicine physicians, a vascular surgeon, orthopedic-spine surgeon, and OB/GYN who will join Memorial’s Medical Staff this year.

On a sad note, the Memorial family lost three board members and a former medical director earlier this year. All have made significant contributions to Memorial over the years and will be missed. Read more about these outstanding individuals on pages 22-23.

In closing, I want to thank you, the residents of the communities we serve, who continue to place your trust in us for healthcare services. This is something we take very seriously and continuously seek opportunities to improve upon what we do.

Insights & Outlooks is published by the Memorial Network, intended to convey health-related information about Memorial’s programs, services, technology, medical staff, and employees. While Memorial continues to be a dedicated, innovative, and compassionate provider of healthcare, the services offered extend outside the hospital walls.

Mark J. Turner
President

Dr. Kevin Baumer Receives Physician Excellence Award

Dr. Kevin Baumer, a board-certified orthopedic surgeon on Memorial Hospital’s Medical Staff, received the Matthew B. Eisele, M.D. Physician Excellence Award on February 23, at the Medical Staff’s Annual Dinner.

This award was established in 2007 to recognize a physician on Memorial’s Medical Staff who exemplifies dedication to medicine, delivery of quality care, and a commitment to the community. The nominee also should inspire others to provide quality service and a high level of care—demonstrate clinical excellence, as well as caring and compassionate communication to patients, families, and hospital staff—model teamwork, be responsive to the needs of patients, families, and staff; support Memorial as well as its mission and values; participate on hospital and/or Medical Staff departmental committees; and set a positive example for others.

Dr. Baumer was chosen from 17 nominations submitted by employees, peers, Auxiliary, and board members. Dr. Baumer has been a member of Memorial’s Medical Staff since 1999 and currently serves as president of the Memorial Hospital East Medical Staff.

He also serves on multiple Medical Staff committees and boards including Medical Staff Executive Committee for Memorial Hospital Belleville and Memorial Hospital East, orthopedic section leader, quality improvement committee for Memorial Hospital Belleville and Memorial Hospital East, chairman of the Memorial Hospital East professional review committee, and member of the Physician Advisory Council for BJC Medical Group.

About the award

The Matthew B. Eisele, M.D. Physician Excellence Award is named for Memorial’s first medical director. Prior to serving as Memorial’s medical director, Dr. Eisele was an obstetrician/gynecologist in the community for 22 years. He was instrumental in shaping the medical director’s role into the key position it is today—a liaison between the board of directors, Medical Staff, and administration.

Other nominees

In addition to Dr. Baumer, other nominees included:

Dr. Muhammad Jaffer Ansari
Dr. Faroog Ashgar
Dr. Kevin Barnett
Dr. Larry Dobbs
The late Dr. B. Bryan Franks
Dr. Rob Gattner
Dr. Sekou Kelsey
Dr. Michael Leavell
Dr. Salma Mannan-Hilaly
Dr. Tex Pardo
Dr. Vesal Qarder
Dr. Bea Ramos-Pardo
Dr. Adam Shapiro
Dr. James Taylor
Dr. Michelle Van Dorn
Dr. Srinivasan Yoganti

Dr. Hatim Mahmood, a board-certified cardiologist, also was recognized at the event for serving as president of the Memorial Hospital Belleville Medical Staff from 2016-2018.

Dr. Kevin Baumer

Illinois.

In addition, Dr. Baumer serves on the Memorial Hospital East Board of Directors.

Nominations characterized Dr. Baumer as follows: exemplifies all of the characteristics and criteria this award represents; respected by his peers; champions a variety of hospital initiatives; and a kind, caring physician with excellent clinical skills.

Mark J. Turner
President

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Send comments, story ideas, and letters to the Marketing and Communications Department, 4000 Memorial Drive, Belleville, IL 62221. Your opinions are important to us.

Our Mission

To provide quality service and a high level of care—demonstrate clinical excellence, as well as caring and compassionate communication to patients, families, and hospital staff—model teamwork, be responsive to the needs of patients, families, and staff; support Memorial as well as its mission and values; participate on hospital and/or Medical Staff departmental committees; and set a positive example for others.

Insights & Outlooks is published by the Memorial Network, intended to convey health-related information about Memorial’s programs, services, technology, medical staff, and employees. While Memorial continues to be a dedicated, innovative, and compassionate provider of healthcare, the services offered extend outside the hospital walls.
Memorial is fortunate to have very committed staff. In fact, 49 employees have worked at Memorial for 40 or more years, and in the first quarter of 2019 we have celebrated 10 retirements:

- Renee Secrest
- Diane Herzig
- Ann “Potts” Hampel
- Cindy Dietrich
- Jayne Jun
- Shannon Abram
- Nancy Buckley
- Don Courtial
- Doug Nicely
- Barb Jany

“My favorite aspects of working here were the patients and people I work with [and] belonging to an organization who serves the community I am involved in. My advice for other employees—life is a journey and a continuum of learning. You always need to learn and grow; you cannot become stagnant. You need a challenge.”

— Barb Jany, RN, Nursing Director

“My favorite times have always been in doing rounds. This is one of those rare ministry opportunities when you meet everyone, rather than just your own type of people. I am so grateful for all of the relationships that have been built and nurtured by my chaplaincy over the years at Memorial. I am not the same person I was when I came here. I have learned how God guides my steps (as He does for each of us) every day!”

— Reverend Doug Nicely, Chaplain, Memorial Hospital East Pastoral Care

“My favorite aspect of my work was having seasoned nurses available for advice and then appreciating the role of helping new nurses.”

— Renee Secrest, RN, Float Pool

Nancy worked in Memorial’s lab for more than 43 years. She looks forward to traveling, gardening, taking classes, and spending time with her family.

“My favorite aspect of my work was having seasoned nurses available for advice and then appreciating the role of helping new nurses.”

— Renee Secrest, RN, Float Pool

Nancy worked in Memorial’s lab for more than 43 years. She looks forward to traveling, gardening, taking classes, and spending time with her family.

“The good vibes, working with great physicians, excellent people overall, for whom I have great respect and appreciation, kept me here and encouraged me to continue the work I loved.”

— Don Courtial, PT, Rehabilitation Services

“My favorite times have always been in doing rounds. This is one of those rare ministry opportunities when you meet everyone, rather than just your own type of people. I am so grateful for all of the relationships that have been built and nurtured by my chaplaincy over the years at Memorial. I am not the same person I was when I came here. I have learned how God guides my steps (as He does for each of us) every day!”

— Reverend Doug Nicely, Chaplain, Memorial Hospital East Pastoral Care

“My favorite aspects of working here was the relationships that I have made with fellow employees. They became my work family. Sometimes your own family doesn’t understand nurse talk, and there was always someone here to talk to. I have loved having the autonomy with the Heart Failure program to be able to help patients and their families.”

— Shannon Abram, RN, Memorial Hospital Belleville Care Coordinator, Case Management

Ann contributed in the ICU for close to 42 years. She is looking forward to traveling, spending time with her grandchildren, and playing softball in the Senior Games.

Ann, right, with Kim Howell

Shannon, right, with Jackie Kluthe

Don Courtial with wife Betty Courtial

Jayne started as a clinical staff nurse in the emergency department in 1983. She is known for her love of Nurse’s Day and has worked the past 28 years on making this celebration special for all nursing services’ staff in the organization.

38 YEARS Barb Jany

31 YEARS Renee Secrest

43 YEARS Nancy Buckley

36 YEARS Jayne Jun

42 YEARS Ann “Potts” Hampel

32 YEARS Shannon Abram

59 YEARS Don Courtial

18 YEARS Doug Nicely

18 YEARS Ann “Potts” Hampel

18 YEARS Doug Nicely

18 YEARS Ann “Potts” Hampel

18 YEARS Doug Nicely

18 YEARS Don Courtial
Memorial Receives Economic Impact Award for Memorial Hospital East Medical Office Building

The O’Fallon-Shiloh Chamber of Commerce presented Memorial Hospital East Administrato r Jeff Dossett with its 2019 Economic Impact Award for the Memorial Hospital East Medical Office Building (MOB) — Phase I project at the Chamber’s awards luncheon in April. The $25 million, three-story, 70,500-square-foot MOB opened on Memorial Hospital East’s Shiloh campus in October 2017. This building provides office space for primary care and physician specialists as well as imaging (including CT scanning); laboratory; physical, occupational, and speech therapy; and The Harold & Dixie LePere Breast Health Center. Over 120,000 imaging studies, lab procedures, mammograms/breast procedures, and therapy treatments have been performed in the MOB between October 2017 and February 2019.

Memorial Hospital Belleville Earns Designation from ACR as a Lung Cancer Screening Center

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. In order to receive this elite distinction, facilities must be accredited by the ACR in computed tomography (CT) in the chest module, as well as undergo a rigorous assessment of its lung cancer screening protocol and infrastructure. Also required are procedures in place for follow-up patient care, such as counseling and smoking cessation programs.

Lung cancer screening with low-dose CT scans, and appropriate follow-up care, significantly reduces lung cancer deaths. In December 2013, the United States Preventive Services Task Force recommended screening of adults aged 55 to 80 years who have a 30 pack-year smoking history and currently smoke or have quit within the past 15 years.

“Lung cancer remains the deadliest cancer in the United States,” said Dr. Christopher Norbet, radiologist with Clinical Radiologists and medical director of Memorial’s Lung Cancer Screening Center.

The National Lung Cancer Screening Trial, conducted in June 2011, established that CT screening reduced mortality rate.

The ACR, founded in 1924, is one of the largest and most influential medical associations in the United States. The ACR devotes its resources to making imaging and radiation therapy safe, effective, and accessible to those who need it. Its 36,000 members include radiologists, radiation oncologists, medical physicists, interventional radiologists, and nuclear medicine physicians.

For more information about the Lung Cancer Screening Center designation, visit: acr.org/Quality-Safety/Lung-Cancer-Screening-Center. At Memorial, patients will need a physician’s order for the screening; some insurance companies may require pre-certification before the screening can be performed.

Memorial Care Center Earns Five-Star CMS Rating and Prestigious Eli Pick Facility Award

Memorial Care Center, owned and operated by Memorial Regional Health Services, has earned a five-star rating from the Centers for Medicare and Medicaid Services (CMS). In addition, the Center also was awarded the Eli Pick Facility Award from the American College of Health Care Administrators.

CMS rankings

CMS establishes its nationwide system to provide consumers with information about various facets of nursing home care. The overall quality rating on the Nursing Home Compare web site (cms.gov) is based on its ranking in five categories: health inspections, overall quality, quality measures, staffing, and RN staffing. Memorial Care Center received five-star rankings in all five categories.

Eli Pick Facility Award

Memorial Care Center is among 7% of facilities nationwide and the only one in Illinois to qualify for the Eli Pick Facility Award from the American College of Health Care Administrators. This award uses data-driven criteria to objectively identify high-performing skilled nursing facilities and the leaders who make them excel.

“We are very proud of Memorial Care Center’s leadership and staff for achieving this wonderful rating from CMS as well as this honor from the American College of Health Care Administrators,” said Terri Halloran, RN, vice president of patient care services and chief nursing officer at Memorial. “This is a true testament to the

“This is a true testament to the exceptional healthcare and compassionate service our staff provides to our patients and families.”

— Terri Halloran, RN

For more information about Memorial Care Center, call (618) 267-5060.

In Your Community

In Your Community
As Guardians of Childhood, St. Louis Children’s Hospital is committed to caring for kids throughout the community. Children’s at Memorial is now available at Memorial Hospital Belleville and Memorial Hospital East.

Pediatric ER
Kids aren’t just small adults! With age-specific developmental needs and weight-based treatments, it’s important to have experienced pediatric nurses and physicians who know children—inside and out—and kid-sized equipment. Kid-friendly amenities also help make your child’s experience a little bit less scary.

In cases where more specialized care is required, the team will quickly arrange for transport to St. Louis Children’s Hospital. (Read more about Children’s at Memorial on page 10.)

Newborn care
Washington University Physicians in Illinois, neonatologists and pediatricians from St. Louis Children’s Hospital provide coverage for all newborns at The Family Care Birthing Centers at Memorial Hospital Belleville and Memorial Hospital East, including those who may require care in the newborn intensive care unit (NICU).

Specialty pediatric services
In addition to emergency room coverage and 24/7 hospitalist and neonatology services at Memorial Hospital East, outpatient pediatric services are available at the hospital’s Medical Office Building.

Here for you
Night or day, the St. Louis Children’s Hospital team is ready to provide compassionate, specialized care where it’s needed.

For more information about services and locations or to find a physician, call (314) 454-KIDS (5437) or 800-678-KIDS (5437) or visit StLouisChildrens.org/locations.

World-Class Pediatric Care Comes to Illinois

If your child needs Rehab Services, the highly qualified therapy team at Memorial Hospital East MOB (1414 Cross Street, Shiloh) can take care of them.

“Memorial outpatient services include physical, speech, and occupational therapy for pediatric patients of all ages,” said Heidi Hoskins, rehab supervisor and occupational therapist for Memorial’s Rehab Services. “We treat patients from birth up.” Rehab Services has much to offer pediatric patients, including a sensory room with swings, different surfaces, and auditory and visual sensory stimuli. In addition, occupational therapy offers the Interactive Metronome, which is a brain-based rehab assessment and training program developed to improve processing abilities that affect attention, motor planning, and sequencing. Plus, speech and occupational therapy have recently started a specialized feeding program.

Types of patients seen Memorial’s Rehab Services sees patients with all types of diagnoses, from pediatric stroke and cerebral palsy to autism spectrum disorders and sports injuries. “We see a lot of the athletes in the local area to help them with their recovery, getting back to whatever it is they were doing,” said Lauren Beach, Memorial’s director of Rehab Services and physical therapist. “If it’s a sport or some sort of a competition, we see a lot of orthopedic-injured pediatric patients as well.”

Children need a physician referral to be treated by Memorial’s Rehab Services. Learn more about the full range of services provided and diagnoses treated by Memorial’s Rehab Services at the MOB and Memorial Hospital Belleville at mymemorialnetwork.com/rehabilitation-services.

If your child needs Rehab Services at Memorial Hospital East MOB, call (314) 454-KIDS (5437) or 800-678-KIDS (5437) or visit mymemorialnetwork.com. 
Washington University Physicians Offer Specialized Services Close to Home

Specialists from Washington University Physicians in Illinois, Inc. offer specialty care for a variety of women’s and pediatric issues on the Memorial Hospital East campus in Shiloh.

Located in the Medical Office Building, Washington University physicians provide maternal-fetal medicine; fertility and reproductive medicine; and pediatric, adolescent, and young adult gynecology services. In addition, Pediatric Specialty Care, staffed by physicians from Washington University who are on staff at St. Louis Children’s Hospital, provides trusted pediatric care for children and adolescents for a number of specialties.

Washington University Pediatric Specialty Care
Specialties available at the multi-specialty center in Shiloh include:
- Adolescent Medicine
- Allergy and Pulmonology
- Cardiology (including fetal echoes)
- Endocrinology
- Gastroenterology
- Nephrology
- Urology

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

Washington University* OB/GYN Maternal-Fetal Medicine
Washington University* Maternal-Fetal Medicine features a team of nationally recognized obstetric specialists with extensive training in high-risk pregnancies including prenatal ultrasound and genetic screening. They work alongside primary obstetricians to provide moms and babies personalized medical care that continues seamlessly throughout pregnancy, delivery, and after. A high-risk pregnancy could be the result of pre-existing medical conditions; pregnancy with twins, triplets, or other multiples; or other complicating factors, and needs special attention. The practice’s clinical genetics and OB/GYN sonography offer the advanced technologies and knowledge to provide patients precise screening and expert evaluations.

Washington University* OB/GYN Fertility & Reproductive Medicine
With decades of experience, the board-certified fertility and reproductive medicine specialists at Washington University* are the St. Louis region’s most trusted source for precise fertility treatment options. The practice is home to the region’s first in vitro fertilization (IVF) program, providing assisted reproductive treatment in even the most challenging cases. Each patient receives thorough and personalized care, resulting in pregnancy success rates that are consistently higher than the national average. They also treat patients experiencing a wide variety of female reproductive disorders, including painful periods and abnormal hormone problems.

Washington University* OB/GYN Pediatric & Adolescent Gynecology
Children and young adults are generally cared for by their pediatrician or family physician; however, when more challenging or difficult medical conditions arise, your physician can contact one of the Washington University Physicians* specializing in pediatric and adolescent gynecology. These specialists are leaders in their field with the skill and knowledge to treat gynecologic disorders in this age group. They work closely with referring physicians and other pediatric specialty groups at St. Louis Children’s Hospital to provide the best care and patient/family experience possible.

*Washington University Physicians in Illinois, Inc.
Survivor, speaker

There wasn’t a dry eye in the house at the 2018 event as breast cancer survivor Janet Van Etten shared her very powerful story with the audience. She expressed how grateful she was to The Harold & Dixie LePere Breast Health Center team, Breast Surgeon Dr. James Clanahan of Lincoln Surgical Associates and medical director of The Harold & Dixie LePere Breast Health Center team, Breast Surgeon Dr. James Clanahan of Lincoln Surgical Associates and medical director of The Harold & Dixie LePere Breast Health Center team, as well as the team at Siteman Cancer Center (formerly the Cancer Treatment Center/IOL) in Swansea.

How funds help

Proceeds from this event have gone to support breast health education as well as toward the purchase of a new 3D mammography system. The 2018 event raised funds to purchase the SmartCurve Breast Stabilization System for the 3D mammography units at The Harold & Dixie LePere Breast Health Center in Shiloh and the 3D screening mammography unit located at Memorial Hospital Belleville. The SmartCurve Breast Stabilization System is FDA approved and designed to provide a more comfortable mammography experience.

Since its inception four years ago, Unique Spirits and Sweets has raised over $100,000 for The Harold & Dixie LePere Breast Health Center and breast health services at Memorial. Unique Spirits and Sweets provide guests with an opportunity to experience several wine, craft beer, vodka, bourbon, and chocolate pairings along with a selection of gourmet appetizers and silent and oral auctions.

2018 Sponsors

Red
Grimm and Gorly Florist and Gifts
Pour 322 and Cupcakes Too
The Kors LePere Foundation
Memorial Hospital Auxiliary
Jim and Lynne Clanahan

White
Dr. and Mrs. Jay Haines
Dr. Sultan Hayat
IMPACT Strategies
Mathis, Marifian & Richter
Mark and Mary Ann Turner

Brew
Ashland Storage Center
Kevin and Sue Baumer
Central Bank
Clinical Radiology
Gary and Cindy Guthrie
Heros In Style
Lincoln Surgical Associates
Dr. and Mrs. James Taylor
Thouvenot, Wade and Moerchen
Triple Net Management

For more information, call Memorial Foundation at (618) 257-5659.

Save the date
Unique Spirits and Sweets
October 17, 2019
Bellecourt Manor, Belleville

Memorial Foundation is grateful to all those who support this event through sponsorship, attendance, and/or auction item donation.
Memorial Foundation’s Healing Arts Program

A gift that keeps giving
Memorial Foundation’s Healing Arts Program provides opportunities for donors to purchase artwork from a catalog of pre-selected pieces for designated spaces at Memorial Hospital Belleville, Memorial Hospital East, Memorial Care Center, Memorial medical buildings, and The Orthopedic and Neurosciences Center. Research shows that creative arts in healthcare can contribute to positive outcomes when services are integrated with the medical treatment as well as community prevention and wellness programs. Here are just some of the benefits:

• Reduced lengths of hospital stays
• Decreased need for multiple medical visits
• Reduced reports of pain and anxiety related to illness and invasive treatment
• Increased self-esteem and reductions in stress
• Reduced healthcare-related infection rates
• Decreased need for use of sedatives during medical procedures
• Reduced levels of depression and improvements in quality of life
• Decreased use of medical interventions covered by Medicare among the aging

Art enhances the space it occupies. It engages people emotionally—whether increasing feelings of happiness or serving as a welcome distraction during stressful times. Donors may choose to purchase the artwork in honor of a loved one or simply for the satisfaction of knowing how a beautiful piece of artwork can have such a positive impact on someone’s health and healing.

• Donation amount is based on the visibility of the piece.
• Donors will choose from pre-selected pieces recommended by BJC Design and Construction and art consultants and approved by Memorial leadership.
• Location of the artwork has been pre-selected by BJC Design and Construction in consultation with Memorial leadership.
• Donors will be recognized with a small plaque appropriately located near the piece of art.
• Donation also will apply toward the donors’ cumulative giving total and be recognized appropriately on the Excellence for Life donor walls.

To learn more about the Healing Arts Program, call Memorial Foundation at (618) 257-5659.

Memorial Foundation to Hold Third Annual Golf Tournament

Memorial Foundation will hold its third annual Golf Tournament on Monday, June 10, at St. Clair Country Club in Belleville. Proceeds from the 2019 Memorial Foundation Golf Tournament will be used to purchase a new 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. This piece of technology comes with an $80,000 price tag.

Memorial Foundation has received outstanding support of its tournament, and last year’s proceeds of over $74,000 were used to purchase a hemodynamic monitoring system for the intensive care unit at Memorial Hospital Belleville. In the past two years, this tournament has generated over $150,000 to purchase patient care equipment for Memorial’s two hospitals. 

For more information about sponsorship and/or participation opportunities, please contact Memorial Foundation at (618) 257-5659 or go to www.mymemorialnetwork.com/golf.

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For more information about sponsorship and/or participation opportunities, please contact Memorial Foundation at (618) 257-5659 or go to www.mymemorialnetwork.com/golf.
Memorial has launched a new mobile app for expecting and new moms to find the information they need at their fingertips. The Baby Bundle app is available for computers, smart phones, or tablets and offers convenient access to valuable information for every stage of pregnancy and newborn care. Memorial’s Baby Bundle app features:

- Evidence-based information on prenatal care, labor and birth, postpartum, breastfeeding, and newborn care.
- A video library.
- Details about arrival and stay at The Family Care Birthing Centers at either Memorial Hospital East or Memorial Hospital Belleville.
- A list of available classes and support groups.
- Tools including a kick counter, contraction timer, personal journal, and feeding and immunization logs.

Download the free app at memorialbirthingcenter.com/baby-bundle.
About 200 people gathered at Memorial Hospital East on February 22 to celebrate the start of construction on a second Medical Office Building on the Shiloh campus that will house Siteman Cancer Center. The $38 million, 70,650-square-foot, three-story building is expected to open in early 2020 and also will include clinical space for non-cancer care providers affiliated with Memorial and BJC Medical Group of Illinois.

This is Siteman’s first facility in Illinois and will replace a temporary location at 4000 North Illinois Lane in Swansea, where Siteman (formerly the Cancer Treatment Center/IOL) has been operating since last year.

“Our objective on a daily basis is to not only meet, but exceed expectations, to provide the very best care to our patients in an accessible manner,” said Mark J. Turner, Memorial Regional Health Services president. “This means so much to our community.”

Messages of hope
Breast cancer survivor Tracie Kent from Smithton brought tears to the eyes of many as she shared her story. Diagnosed with triple negative breast cancer in 2018, Kent, a mother of two young girls, felt fortunate she was able to conveniently undergo treatment at the Siteman location in Swansea.

Patients and physicians stood together to sign a beam, which was placed in the new structure. In addition, guests were encouraged to write messages of inspiration and hope on colorful ribbons that will be woven into a tapestry and used as artwork in the new facility.

In addition to Turner and Kent, others speaking at the Growing to Serve Celebration included: BJC Group President Joan Magruder, St. Clair County Board Chairman Mark Kern, Executive Vice Chancellor about 200 people gathered at Memorial Hospital East on February 22 to celebrate the start of construction on a second Medical Office Building on the Shiloh campus that will house Siteman Cancer Center. The $38 million, 70,650-square-foot, three-story building is expected to open in early 2020 and also will include clinical space for non-cancer care providers affiliated with Memorial and BJC Medical Group of Illinois.

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for Medical Affairs at the George and Carol Bauer Dean Washington University School of Medicine Dr. David Perlmutter, and Director of Siteman Cancer Center and the Spencer T. and Ann W. Olin Distinguished Professor at WUSM Dr. Timothy Eberlein.

Pastor Doug Munton, First Baptist Church of O’Fallon and Memorial Hospital East board member, offered the invocation. Tom Calhoun, PA announcer for the St. Louis Blues and Gateway Grizzlies, served as emcee.

About Siteman Cancer Center
Siteman Cancer Center is the only National Cancer Institute (NCI)-designated Comprehensive Cancer Center in the region. Based at Barnes-Jewish Hospital and Washington University School of Medicine in St. Louis, Siteman is known for its exceptional cancer care. Its NCI designation recognizes the cancer center’s scientific leadership, resources, and breadth and depth of clinical and laboratory cancer research. Siteman also is one of the top 15 cancer centers nationally, according to U.S. News & World Report’s 2019 Best Hospitals’ rankings, which consider survival rates, patient services, and other factors.

“What a privilege it is to be in southern Illinois,” said Dr. Eberlein. “Siteman Cancer Center has long wanted to be an even bigger part of this great community.”

The following Washington University Physicians in Illinois, Inc.* healthcare providers, now practicing at Siteman’s Swansea location, will move to the new location when it opens. They will be joined by additional physicians in the future.

Siteman at Memorial East will offer a welcoming, calming environment where patients will receive the most advanced cancer care. This includes access to state-of-the-art technology and to hundreds of clinical trials offering investigational cancer therapies, which are largely unavailable elsewhere in the region, except at other Siteman locations.

The new facility will accommodate multi-disciplinary care with radiation oncology and chemotherapy services and will provide 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 will include a diagnostic laboratory and a pharmacy.

“We are very excited to bring Siteman Cancer Center to the Memorial East campus,” said Turner. “This will provide convenient, world-class cancer treatment services to residents throughout the entire region.”

Registered nurses coordinate care at all Siteman facilities through the Patient Care Coordination Center. To make an appointment, call 800-600-3606 toll free from 8 a.m.-4:30 p.m. weekdays, or visit www.siteman.wustl.edu.

* Clinical services in Illinois provided by Washington University Physicians in Illinois, Inc.

Cancer survivors stood with their physicians to sign a beam that was placed in the Siteman Cancer Center during construction.

Other Siteman Cancer Center locations at BJC-affiliated facilities include:
- Washington University Medical Campus, home to Siteman’s main outpatient facility and the new Barnes-Jewish Hospital
- Parkview Tower for cancer patients who require hospitalization
- South St. Louis County, near Interstate 55 and Butler Hill Road
- Christian Hospital in north St. Louis County
- Barnes-Jewish West County Hospital in west St. Louis County
- Barnes-Jewish St. Peters Hospital in St. Charles County

“Siteman Cancer Center has long wanted to be an even bigger part of this great community.”

– Dr. Timothy Eberlein, director of Siteman Cancer Center

“This will provide convenient, world-class cancer treatment services to residents throughout the entire region.”

– Mark J. Turner, Memorial president

Pictured: Joan R. Magruder, BJC HealthCare Group president (top left), Mark A. Kern, chairman of the St. Clair County Board (top right), Dr. David H. Perlmutter, executive vice chancellor for Medical Affairs (bottom left), Mark J. Turner, Memorial president (bottom right)
Since January 2019, Memorial has lost several members of its family. Here we remember them.

**Arthur Baltz**

Arthur H. Peters of its family. Here we remember them.

**Dr. William H. (Pepper) Sutherland**

Dr. William H. (Pepper) Sutherland, Memorial’s medical director (CMO) from 1989 to 2007, passed away February 5, in Jenks, Oklahoma, after battling cancer. Prior to coming to Memorial in 1989, Dr. Sutherland was an internal medicine physician in Tulsa, Oklahoma. During his tenure at Memorial, Dr. Sutherland was instrumental in developing and growing a variety of services including the general and open-heart surgery programs. He also was at Memorial during the height of the medical malpractice crisis guiding the Medical Staff through some enjoyable as well as challenging times. Many of us looked to Dr. Sutherland to provide guidance on issues where he served as our expert. His vast knowledge and keen sense of humor made him wonderful to work with as he always managed to find positive solutions.

**Charmaine Savage**

Charmaine Savage of East St. Louis was a member of the Protestant Memorial Medical Center (PMMCI) Board of Directors. She passed away January 13, following a battle with breast cancer. While her tenure on the board was not long, she was a valued member who was engaged in making the community a better place.

Savage, a retired U.S. Naval Commander, and her husband Lorenzo D. Savage Sr. moved back to East St. Louis in 2014. Not long after, she founded I Am East St. Louis, The Magazine, a free community publication that covered positive news out of East St. Louis, where she was born and raised.

**Dr. D. Bryan Franks**

The late Dr. D. Bryan Franks, a former physician in Memorial Hospital Belleville’s emergency department, was remembered with the first-ever Physician Distinguished Service Award at Memorial’s Medical Staff Dinner on February 23. Dr. Franks was a beloved emergency department physician at Memorial for over 30 years. He passed away suddenly last June. He was admired by staff for his integrity, patience, intelligence, sense of humor, and compassion as well as his passion for teaching and sports. He was known to some of the staff as “Gramps,” and staff shared that Dr. Franks had an uncanny diagnostic ability and remained calm, cool, and collected under pressure. He also was characterized as a “rare bird” of the very best kind and a true emergency department legend.

**Arthur H. Peters**

Arthur H. Peters was a member of both the PMMCI and Memorial Group, Inc. (MGI) Boards of Directors, serving as PMMCI board chairman from 1993-1998. He passed away on February 13.

**Sutherland to provide guidance on issues where he served as our expert. His vast knowledge and keen sense of humor made him wonderful to work with as he always managed to find positive solutions.**

**Arthur Baltz**

Arthur Baltz was a member of the PMMCI and Memorial Foundation (MFI) Boards of Directors. He passed away February 18.

A member of the PMMCI Board for six years, Baltz attained honorary board member status in 2006. He was elected to the MFI Board of Directors in 1997 and served on the finance and planning giving committees; he also served as co-chairman of the annual campaign steering committee in 1998.

His thoughtful and thorough evaluation in making decisions at board meetings was invaluable. He shared at an MFI board meeting that his uncle worked on one of the first fundraising campaigns to build Memorial. Baltz put the best interest of the hospital and its patients first. Many of us sought his guidance in areas where he had expertise, particularly in finance.

Since January 2019, Memorial has lost several members of its family. Here we remember them.

**Physician Distinguished Service Award Given to Former Emergency Department Physician**

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**The family of Dr. Franks, who were unable to attend the dinner, will be given a plaque that reads: “In recognition of over 30 years of distinguished service — providing professional and compassionate care to patients and serving as a valued mentor, teacher and friend to staff members.” A duplicate plaque also will be placed in the Memorial Hospital Belleville emergency department where Dr. Franks spent three decades.**
Julie Eichholz is a warrior for women everywhere facing a breast cancer diagnosis.

Eichholz’s journey started after she felt a hard lump near her armpit in June 2016. Although she has had lumpy breasts since her 20s due to fibrocystic breast disease, she knew this lump was different.

“This is a little weird, probably should get it checked out. It’s a little harder. It’s in a little different position,” Eichholz thought. “Because generally my lumps were in the front of my breasts, and this particular one was closer to my armpit, and it was harder. So I decided to get it checked out.”

She had a mammogram in June and, with her history, Eichholz’s doctor decided to keep an eye on it and have it rechecked in January. In January 2017, they rechecked her breast, did a biopsy, and determined she had stage 1 breast cancer.

“So that’s where we started the journey,” Eichholz recalled.

Hearing the news

The pathologist called Eichholz after going over everything with the radiologist and consulting other people on the case. “I was on pins and needles waiting for the information to arrive and just sort of in the back of my mind knowing that this was probably going to be a little different than what I’ve experienced before,” Eichholz said.

Eichholz was working for the Air Force at the time as a government contractor. She worked with trauma care doctors and nurses, so she pulled one of them into the
Office with her when she took the pathologist’s call. “I’ve got some news that is going to be a little difficult to hear, but we’re going to be here to walk you through it,” the pathologist reassured her. He then told her that it looked to be stage 1 breast cancer, but she needed to follow up with a breast surgeon. He recommended Dr. James Clanahan of Lincoln Surgical Associates and medical director of The Harold & Dixie LePere Breast Health Center at Memorial.

“I have to tell you, Dr. Clanahan is the trifecta. He is a skilled surgeon; he’s compassionate, patient, and caring; and he makes himself accessible to his patients in a way that many surgeons don’t.”

Treatment and surgery options
Eichholz researched surgeons and agreed that Dr. Clanahan was the right one for her. “I have an amazing support system,” Eichholz said. “From the trauma care nurses and doctors, they pulled me in, and they did research with me, and they pre-positioned my questions.”

One of her colleagues even accompanied Eichholz, her husband, and her mother to the first appointment with Dr. Clanahan. Armed with a long list of questions for Dr. Clanahan, Eichholz remembers that first meeting. “He was very patient,” she said. “He did not seem put off by all of our questions, because there are so many questions once you find out about this diagnosis. We actually went through the long list of questions, and he went through and patiently answered every single one of them. He continues to be that way today.”

When it was time to discuss treatment options, Dr. Clanahan said Eichholz could have a single mastectomy or a prophylactic bilateral mastectomy. Eichholz and her family decided on a bilateral mastectomy. “Even though there was no cancer present in the right [breast] at the time, I thought I would just take away the opportunity for that to happen and give myself the gift of no more mammograms,” Eichholz said.

The recovery process
Once Eichholz had surgery, completed chemotherapy, and stopped her radiation therapy process is teaching you how to lift your arms. “Your muscles are compromised, and it can be very painful, at least initially,” Eichholz explains. “The physical therapy process is teaching you how to lift your arms, how to recover some of your muscles, so they’re teaching you how to recover some of your mobility.”

Eichholz also stresses that physical therapy is a very intimate experience, which many people probably aren’t prepared for. “You really have to develop a level of trust with your physical therapist because they are manipulating the muscles on your chest, and it’s a really humbling experience,” she said.

“I could not say enough about the therapists and office staff at Rehab Services,” Eichholz said. “Peggy and Kelley took extra effort to ensure I was taken care of, often coming in early to meet me before work. This is caring above and beyond.”

An unexpected twist
Eichholz went through bilateral and reconstructive surgery believing everything was fine. About two weeks after surgery, the final pathology came back: It was stage 2 cancer. This changed everything.

“Chemo and radiation was back on the table,” Eichholz said. “Although they don’t typically do reconstruction prior to chemo and radiation, that’s the boat that we found ourselves in at the time.”

Eichholz went to the Siteman Cancer Center (formerly The Cancer Treatment Center/OIC) for chemotherapy, and Dr. Clanahan’s staff walked her through the entire process. “I have to tell you, Dr. Clanahan is the trifecta,” she said. “He is a skilled surgeon; he’s compassionate, patient, and caring; and he makes himself accessible to his patients in a way that many surgeons don’t. So, I will tell you I could not have received any better care than with Dr. Clanahan and his office.”

Following chemotherapy, Eichholz had radiation therapy with Dr. Susan Laduzinsky at The Harold & Dixie LePere Breast Health Center. Unfortunately, she could not finish the radiation treatments due to an allergic reaction resulting in burns.

“The good news is I’m in remission and well on the path to healing,” Eichholz said. “After breast surgery, it’s hard for patients to lift their arms. ‘Your muscles are compromised, and it can be very painful, at least initially,’ Eichholz explains. ‘The physical therapy process is teaching you how to lift your arms, how to recover some of your muscles, so they’re teaching you how to recover some of your mobility.’

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Continued from page 25

Peggy Heise set up a care plan to help Eichholz regain the full function of her arms. After breast surgery, it’s hard for patients to lift their arms. “Your muscles are compromised, and it can be very painful, at least initially,” Eichholz explains. “The physical therapy process is teaching you how to lift your arms, how to recover some of your muscles, so they’re teaching you how to recover some of your mobility.”

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Becoming a warrior
This journey has given Eichholz a new focus in life: “My goal is to move out into the world and let women know that they are in charge of their story and how they present,” she said.

“One of the things I remembered as I was going along this journey is that a lot of women felt alone and isolated, and that’s a very dangerous place to be,” Eichholz said. “It’s very scary to go through this process, and I think what I developed was a mission out of this to empower and encourage women and to let them know that they’re not alone. And one of the things that I did was write a presentation called The Warrior’s Guide to Navigating Change.”

Through The Warrior’s Guide to Navigating Change, Eichholz has reached a number of women by speaking at local events. “It’s exciting, I would encourage women to form a narrative,” she said. “I had a very smart person tell me early on, ‘How you experience this is how your family will experience this and how your friends will experience this, so it’s very important for you to decide what your message is going to be.’ So I took that to heart, and I decided that I was going to approach this not as a victim but as a warrior.”

One thing Eichholz did to feel like a warrior was take part in a photo shoot. “I was looking for ways to feel powerful,” she said. Eichholz worked with Dawn Corvin Photogra­phy to bring her visions to life. “We shot one that was raw, scars and all; then we went to the Botanical Gardens, and that was a glamour shot. That was in a princess gown, and we shot some with the wig, some without the wig and some very, very powerful shots. I would encourage women to not only form their narrative but explore ways they can feel beautiful and powerful and bring meaning to the small things that touch their lives.”

If you would like Eichholz to bring her message of positivity to your event, you can contact her at julieeichholz1@gmail.com.
In December 2017, Memorial Medical Group officially became part of Fairview Heights Medical Group, known as BJC Medical Group of Illinois. BJC Medical Group is the well-established, multi-specialty physician group of BJC HealthCare and currently has more than 500 physicians and advanced practice providers across Missouri and southern Illinois. By working as a team, Memorial and BJC Medical Group can leverage additional resources and specialty networks to offer expanded care options to patients. This transition allows us to bring on new specialists or open additional locations in the southern Illinois region. Although the name has changed, one thing certainly will not change—our providers will continue delivering the same great care that you have come to expect.

Memorial Partners with BJC and Washington University Physicians to Provide Stroke Telemedicine Services

Memorial hospitals Belleville and Memorial Hospital East now are providing stroke telemedicine services in partnership with Barnes-Jewish Hospital and Washington University Physicians. This service is available to emergency department patients as well as inpatients at both hospitals and provides immediate 24/7 access to Washington University neurologists specializing in stroke treatment. “We are excited to offer this important and life-saving service to our community,” said Mark J. Turner, president of Memorial Regional Health Services. “Being able to partner with Barnes-Jewish Hospital and Washington University Physicians to bring stroke telemedicine to our community is another example of how our affiliation with BJC HealthCare offers us opportunities such as this to provide our patients with convenient access to world-class care.”

Other benefits
- Neurologists can offer real-time, face-to-face video examination of acute stroke patients after they have been assessed and all immediate imaging and treatment have taken place.
- The Washington University stroke team can assist in acute management decisions (tPA) and consult on rapid transfer for more advanced care needs such as thrombectomy.
- Consulting specialists familiar with local resources provide more efficient transfers within BJC’s distributive stroke network.

Memorial Hospitals Launch Emergency Department Check-In Service

Now Memorial Hospital East and Memorial Hospital Belleville patients can check in to the emergency department online for non-life-threatening conditions before leaving their homes. Patients simply need to go to mymemorialnetwork.com/inquicker; choose a hospital; select a time; and fill out a simple form. This service allows patients to wait in the comfort of their homes.

Go directly to the ER or call 9-1-1 for the following:
- Chest pain
- Shortness of breath
- Severe abdominal pain
- Seizures
- Dizziness, weakness, vision disturbance, or severe headaches
- If you’re pregnant and having contractions
A
t the December 2018 Memorial Hospital Auxiliary meeting, Mark J. Turner, president, Memorial Regional Health Services, presented Auxilians Pearl Spies and Judie Louden with Service Hour Award Pins for their combined 25,000 service hours.

“Anyone can write a check; but by giving of yourself and doing for others, there’s a greater sense of purpose.” – JUDIE LOUDEN

Hour Award Pins for the amazing number of hours they’ve donated to the hospitals. Spies has volunteered more than 16,000 hours for the Auxiliary, and Louden has given more than 9,000 hours.

Spies has been part of the Auxiliary for 23 years and has been a Charter Member of the Auxiliary.

Money for Memorial Hospital Belleville to be built on campus is currently being raised through the Auxiliary. In recognition of the Auxiliary’s support, Judge Louden with Service Hour Award Pins for their combined 25,000 service hours.

Auxiliary contributions

The Auxiliary offers support in a variety of areas with their gifts of time and assistance. They are invaluable in assisting Memorial in providing exceptional healthcare and compassionate service. The Auxiliary’s financial contribution helps to purchase necessary medical equipment for the hospitals. The Auxiliary presented the hospital with 30,000 service hours recorded in 2018, in addition to a financial contribution of $245,000.

Opportunities are available within Memorial Hospital’s Auxiliary:

• Memorial Care Center
• Gift Shop
• Nursing Services
• Visitor/Family Waiting Areas
• Outpatient Surgery
• Surgical Waiting Lobby
• TU Visitor’s Lounge
• Patient Ambassador
• Patient Transport
• Annual Book Bazaar
• Information Desk
• Medical Office Centers
• Community service projects
• Fundraisers
• Clerical duties
• Creative projects

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

never takes things for granted or assume people won’t help.”

Spies has served as president and chairperson for various committees with the Auxiliary, and she has been involved with amidst every Book Bazaar since its inception in 1958. For those looking for volunteer opportunities, Spies has excellent advice: “Get involved as much as your time and energy allow. You can over commit, and it’s a balancing act of what is best for you, family, and community,” she said. “Learn about the various opportunities. You think about how you are helping others but sometimes forget how you have been helped.”

Volunteerism always important to Louden

Even as a child, Louden was taught the value of volunteering her time. The roles she has held with the Auxiliary have ranged from starting a children’s therapy program—which last 21 years—to serving as president two different terms. She also started a Youth Health Fair that had more than 30,000 students participate through the years. In addition to her service at Memorial, Louden also volunteers at Programs and Services for Older Persons, fundraiser for Tales House Wildlife Center, and collects stuffed animals for Children’s Advocacy Center.

“Anyone can write a check, but by giving of yourself and doing for others, there’s a greater sense of purpose,” Louden said. “I have never given to benefit myself, but volunteering gives the energy and a sense of purpose. It has made me a better wife, mother, friend, and person.”

Her recommendations for anyone considering volunteering are to:

• Explore what opportunities are available and go for what seems like a comfortable fit, but don’t be afraid to challenge yourself and try something new.

• Become an auxilian

To become a Memorial Hospital Auxiliary member, call (618) 257-5545 or e-mail mbauxiliary@bjc.org and request an application.

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