Excellent patient care is our priority!

If you would like to thank a special staff member or volunteer who made your hospital visit especially comfortable, our Patient Experience Specialist, Larry Hayes, can assist you. Staff members are also happy to receive suggestions and/or recommendations for future improvements. A word of thanks from the patients we come in contact with helps to lift staff spirits and boost morale, so we thank you, in advance, for your comments. Larry can be reached at: (309) 647-5240 ext. 2594.

Two incredibly kind and very appreciative patients, Kathy and Sherry, recently reached out to share details of their health experience with us. Please read their stories on pages 8 & 9. As with both individuals, and our entire community, it is OUR PLEASURE to care for you!
I hope everyone had a healthy holiday season, and a happy start to the New Year, as we said “so long to 2016.” Although it’s early in the year, we are always planning ahead and striving to enhance our services for those we serve. We are excited for all that 2017 will have to offer for our patients.

We’re happy to announce that we are adding a second Orthopaedic Surgeon this coming spring. We took our time in making sure we hired a surgeon who would not only be a nice fit for our current Graham Orthopaedic team, but also a great fit for our community. We feel confident we found that in Dr. James Queenan III, and think you will, too. Dr. Queenan will be joining Dr. Brett Barnhart, Orthopaedic Surgeon and Tony Scardina, PA-C at Graham Medical Group in our Canton location. He is Board Certified by the American Osteopathic Board of Orthopedic Surgeons. Look for additional orthopedic clinics in Lewistown and Farmington once Dr. Queenan gets assimilated to the group.

Winter months are an exceptionally busy time for ENTs (Ear, Nose and Throat docs), but we are truly blessed to have an ambitious and high-energy provider like Dr. Gary Shaw. Since joining Graham, he has been the driving force behind the recently constructed Voice & Swallowing Clinic, and will soon be providing additional services. Look to page #9 for information about an upcoming FREE screening that he and his staff will be offering in the spring.

In the construction arena, our Surgery remodeling project is well underway, as is a complete remodel of our Laboratory (Ground Floor). Caring for our patients is our number one priority, so both of these projects primarily go on “behind the scenes” while we continue to provide the same quality, professional, and compassionate care as always. In early December, IDPH came thru our newly remodeled Skilled Care (Phase 2) and Cystoscopy Suite, and we were granted approval to occupy those areas. A special thanks to Jeff Jochums and Alan Dilts for their leadership, vision and commitment to Graham Health System while serving as Trustees. Jeff retired from the Board on December 31, 2016 with 14 years of volunteer service, and Alan on that same date with 12 years. We welcome new Board Members, Josh Miller and Terry Moss. Josh served on our Graham Hospital Foundation Board for several years before making the “jump” to the Graham Health System Board on January 1, 2017. Terry is a member of the First Presbyterian Church of Canton congregation and will represent them on the Graham Health System Board. Please take the time to read thru this newsletter in its entirety, as we have many exciting events coming up such as our annual “An Evening In Red” (February 3, 2017) and a new Foundation-sponsored event, “Beat the Blues” (March 31, 2017) to help bring awareness to Colon Cancer. Details for both events are included in this edition.

Thank you for allowing us the opportunity to care for you and your family.

Robert G. Seinen, F.A.C.H.
President & CEO
Among cancers that affect both men and women, colorectal cancer is the second leading cause of cancer deaths in the United States. Every year, about 140,000 Americans are diagnosed with colorectal cancer, and more than 50,000 people die from it. By getting screened beginning at age 50, this disease is highly preventable.

Space is limited. Please call: (309) 647-5240 ext. 2203 or ext. 2477. The cost is $35/ person. All proceeds from this worthwhile event benefit the Graham Hospital Foundation.
Dear Patient,

We want to share some important information with you about antibiotics.

• **Antibiotics only fight infections caused by bacteria.**

• **Antibiotics will NOT help you feel better if you have a viral infection like:**
  • Cold or runny nose
  • Bronchitis or chest cold
  • Flu

• **If you take antibiotics when you don’t really need them, they can cause more harm than good:**
  • You might feel worse
  • You can get diarrhea, rashes, or yeast infections
  • Antibiotics may NOT work when you really need them because antibiotics make bacteria more resistant to them. This can make future infections harder to treat.

What can you do as a patient? Talk with me about the treatment that is best for you. Follow the treatment plan that we discuss.

As your healthcare provider, I will give you the best care possible. I am dedicated to avoiding prescribing antibiotics when they are likely to do more harm than good. If you have any questions, please ask me, your nurse, or your pharmacist.

“Graham Hospital is the only hospital I trust for the care of my family. You all deserve a pat on the back and praise. Job well done!”
Graham Hospital Extended Care

There are times when patients require additional medical attention beyond hospitalization that cannot be provided in the home setting. Graham Hospital Extended Care provides 24-hour nursing care to residents/patients with multiple skilled nursing care needs, those requiring short-term recuperation, as well as chronic long-term care needs. Our recently remodeled facility offers private and semi-private rooms which are certain to capture the eye with the beautiful aesthetics, all-the-while optimizing patient care and safety with state-of-the-art equipment. In addition, all rooms have ceiling-mounted patient lifts, cable television, personal storage area, bedside nurse call system with the TV remote, and a telephone.

**Skilled Nursing Facility**
- 24-hour Physician Coverage
- Staffed 24/7 with Registered Nurses & CNA’s
- Extended Care Facility
- Diagnostic Testing Departments
- Physical Therapy
- Speech Therapy
- Occupational Therapy
- Oncology
- Hospice
- Patient Education
- In-house Pharmacy
- Pastoral Care
- On-site 24-hour Respiratory Therapy

Graham Hospital’s Skilled Nursing Facility is a 20 bed nursing care facility located on the second floor of Graham Hospital. Medicare certifies all 20 of the beds for skilled care. All beds are accredited by the Joint Commission on Accreditation for Health Care and Illinois Department of Public Health.

It is our belief that each patient/resident should be assisted in achieving his/her optimal level of wellness. Our interdisciplinary team works together to develop and follow an individualized plan of care for each patient/resident.

The employees of Graham Hospital’s Skilled Nursing Facility welcome our guests with warmth and respect, the true meaning of hospitality.

**Skilled Care**
“Patients” in the skilled unit receive skilled care as defined by Medicare and most insurance companies: Intravenous Therapy, Physical Therapy, Occupational Therapy, Speech Therapy, Respiratory Therapy, and Wound/Skin Care. These services are usually provided to individuals, following hospitalization, who need further care before returning to their home.

**Admission Requirements for Skilled Care**
- Under the care of a physician on staff at Graham Hospital.
- 21 years of age or older.

**For Medicare Coverage (as defined by Medicare)**
- A “Qualifying” hospital stay: at least three (3) midnights as a patient in a hospital.
- A need for Skilled Care: daily skilled nursing or rehabilitation services must be medically required.
- 60 days since last “Benefit Period.”

**Long-Term Care**
The long-term care unit is home to 18 residents. These residents are given assistance with their daily living activities and provided with psychosocial services and activities. The goal for the resident is to live his/her life in dignity and comfort.

**Admission Requirements for Long-Term Care**
- Under the care of a physician on staff at Graham Hospital.
- 21 years of age or older.
- Medicaid and private pay methods accepted.

**Nutritious Meals**
All diets are ordered by the physician and, planned and supervised by a Registered Dietitian. Snacks are offered every evening and as requested. A selective menu is used for all diets.

**Medications**
The hospital pharmacy provides all medications prescribed by the physician. A Registered Pharmacist provides consultation on a monthly basis.

**Activities**
A full schedule of daily, weekly and special occasion activities are planned for the patients’ residents. These activities include exercise, music, games, baking and crafts.

Pastoral services are offered on a weekly basis through the Activity Department. The Chaplain of the Day is available on request.

**Beauty Shop**
A beauty/barber shop is located within the unit for the patient’s/resident’s use. A licensed hair stylist provides weekly services that include haircuts, permanents, and/or wash and set. There is an additional fee for this service.

**Dining**
All diets are ordered by the physician and, planned and supervised by a Registered Dietitian. Snacks are offered every evening and as requested. A selective menu is used for all diets.

**Other Services Offered**
- Emergency Physician Services
- On-Site Laboratory/Radiology
- Physical Therapy
- Occupational Therapy
- Speech Therapy
- Hospice/Respite Care
- Patient/Resident Education
- On-Site Pharmacy
- On-Site Dietitian
- On-site Respiratory Therapy - 24/7
- Pastoral Care
- Social Service
- Discharge Planning
- Healthcare Power of Advance Directives

“I think Graham Hospital is outstanding!”
Thrift Shop Donates $39,600 To Community For Life-Saving AEDs

In honor of Heart Healthy Awareness Month (February), we felt it was important to share the locations of various AEDs (automated external defibrillators) in and around Fulton County, that were donated from proceeds raised through the Graham Hospital Foundation, including the Graham Thrift Shop.

As you probably know, sudden cardiac arrest is one of the leading causes of death in the U.S. According to the American Red Cross, over 350,000 people will suffer from sudden cardiac arrest this year. It can happen to anyone, anytime, anywhere, and at any age. CPR and early defibrillation with an AED more than doubles a victim’s chance of survival. Defibrillation within the first minute of sudden cardiac arrest can save the lives of up to 90% of its victims.

**Remember: Time Is Of The Essence:**
- The average response time for first responders (once 9-1-1 is called) is 8-12 minutes
- For each minute defibrillation is delayed, the chance of survival is reduced approximately 10%.

Your tax-deductible donation to the Graham Hospital Foundation, including the Thrift Shop, has made it possible to place AEDs in the following locations:

- Baptist Church
- Camp Big Sky (x2)
- Canton Park District – Donaldson Center
- Canton Park District – Senior Center
- Canton Park District – Lakeland Ranger Station
- Cuba Library
- Elk’s Lodge (Canton)
- Farmington Moose
- Fulton County Health Department
- Fulton County Housing Authority - Longview Apartments
- Fulton County Housing Authority – Maple Manor Apartments
- GHS Wellness Center (Cardiac Rehab)
- Health & Wellness Connection
- JFL
- Lewistown VFW
- Senior Center at Big Creek
- Spoon River Towers
- St. Mary’s Parish Center
- Wesley United Methodist Church (x2)
- Youth Acres

All donations to the Foundation remain local and help purchase equipment such as AEDs, provide upgrades to medical equipment at Graham Health System, and grant nursing scholarships to students at Graham Hospital School of Nursing.

Thank you for your ongoing support!

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Graham Thrift Shop
175 S. Main St., Canton
(309) 649-6856

"I would rate my experience 10 out of 10. I hope the excellence at this facility continues for many years to come. Thank you!"

Dr. James Queenan will be joining Dr. Brett Barnhart, Orthopaedic Surgeon and Tony Scardina, PA-C at Graham Medical Group (Canton) in the Spring.

Originally from Worcester, MA, Dr. Queenan specializes in the diagnosis and treatment of orthopaedic issues of the hip, knee and shoulder. Dr. Queenan is Board Certified by the American Osteopathic Board of Orthopaedic Surgeons. He and his wife, Melody, have two sons: James and Garrett.

**Welcome Dr. Queenan!**
February 3, 2017
Big Racks Steak House
1920 N. Main St., Canton

• 5:00 p.m. Social Gathering
• 6:00 p.m. Dinner
• 7:00 p.m. Presentation by Dr. Ekanka
• 7:20 p.m. Live Auction
• 7:30 p.m. Entertainment by Windy City Dueling Pianos
• 8:30 p.m. Break for Gun Raffle Drawing & Last Chance for Silent Auction Bids
• 8:45 p.m. - 9:45 p.m. More Live Music & Final Song Requests for Windy City Dueling Pianos
• 9:45 p.m. Closing of Silent Auction

Keynote Speaker:
Dr. Ekanka
Cardiologist

Entertainment provided by:
Windy City Dueling Pianos

Raffle

28 gauge Weatherby Element Deluxe:
• “AA” grade American walnut stock
• Aircraft Grade aluminum receiver
• Drop-out trigger system
• Dual purpose bolt release
• Chrome-plated bolt
• Inertia-operated action
• Ventilated top rib
• Swivel studs included
• Integral multi-choke system with three application specific tubes (IC, Mod, Full)

Tickets are: $20/each

For your chance to win, tickets can be purchased by calling: (309) 647-5240 ext. 2203 or ext. 2477. Drawing will be held on Feb. 3rd at “An Evening In Red.” Winner need not be present to win. A maximum of 200 tickets will be sold.

Advanced seating purchase required - $50/person.
All proceeds remain local and support the Graham Hospital Foundation.

Seating is limited. Please call the Foundation Department at Graham Hospital: (309) 647-5240 ext. 2203 or ext. 2477.
Please join us for this fun-filled, exciting annual event!

Ben Brewer
Kara Johnson
Susan Barnhart
Matt Vogel
Zachary Maher
Vickie Parry
Kay Miles
Chris Jump
Max Scott
Alma Lee Wertman
Zack Krulac
Michelle Spiva
Anna Walters
The Graham Hospital Foundation
210 W. Walnut St. • Canton, IL 61520

HeartCare Midwest
A Part of OSF HealthCare

“The doctor really listened to me and took great care of me.”
Many of our patients and their relatives are kind enough to take the time to compliment our Health System staff and volunteers on the standards of service and care they provide. Recently, two incredibly gracious and very appreciative patients reached out, and voluntarily opted to share details of their personal health experience.

Please know, we appreciate any and all of your comments and try to share them as widely as possible throughout the organization and community, as they really do give us all a lift.

**KATHY FORD**

After much coaxing, Kathy’s family was finally able to convince her that she needed to go to the Emergency Department at Graham Hospital, to seek medical care for excessive vomiting. When they arrived, the wait was no more than 5 minutes before she was called back. Her situation was promptly assessed by Emergency Room Physician, Dr. Jeffrey Hemp, who Kathy expressed as “very concerned and doting.”

Kelsey Pasley, RN, communicated, “Kathy was immediately started on an IV for dehydration and given medicine to help control her nausea/vomiting. A series of tests including labs (blood and urine) and a CT of her abdomen and pelvis were done, and Kathy was admitted to the hospital to watch overnight.”

Early the next morning, Kathy describes an upbeat Dr. Katherine Fitzgerald (Internal Medicine) who came “bopping” into her room, helping to put Kathy at ease. She explained that she had a gallstone that needed to be addressed. Within a few days after being discharged, Kathy went to her follow-up appointment with Dr. Fitzgerald who, without delay, arranged for her to see General Surgeon, Dr. Michael Kent. In less than a two-week period from her initial ED visit, Kathy underwent a cholecystectomy (gallbladder removal surgery), and is now well on the road to recovery. Jokingly, Kathy said, “Dr. Kent reminds me of another ‘Kent’… with his ‘super’ healing powers!”

Kathy wanted to publicly share, “After my positive encounter with Graham, it is time to change my healthcare from a clinic far away, to one more local. From the time I entered the waiting area all the way to my doctor’s visit, I could not have ordered better care. Dr. Hemp was outstanding, the nurses, lab, x-ray, PCTs….EVERYONE WAS MAGNIFICENT. I was very impressed, to say the least. In a week and a half, Graham Health System guided me through to all who could fix what was wrong. How can I thank them enough? We often hear the horror stories from across the country of those who are not pleased with their healthcare; however, I cannot say enough GOOD about mine! Graham Health System…we are in this together, and I am thrilled you have my back! You have exceeded my expectations.”

“As a nurse, I have the opportunity to meet and heal the heart in various circumstances that I encounter, but Kathy was so grateful of her care that she actually healed MY heart, in her kind, compassionate way. She was thankful for all that we do here at Graham, and the attentive treatment she received. So a special ‘thank you’ goes out to you, Kathy,” shared Teresa Fitch, RN.

**SHERRY BEAM**

With all of the sickness that quickly and easily spreads in the Fall and Winter months, it’s sometimes difficult to differentiate, “Is this the flu…or maybe something worse?”

“Do I need to go to the ER or just give it a little more time?” Periodically, we’ve all had chills, diarrhea, abdominal pain, etc. Not only can these symptoms be indicative of “the common flu,” they are also familiar ailments of: food poisoning, IBS (irritable bowel syndrome), lactose intolerance, and colitis, to name a few.

**It’s important to take note that any abnormal changes in bowel movements should not be disregarded.** Changes in stool color, alone, do not cause symptoms. The underlying cause of the change in stool color, texture, or form is responsible for any symptoms, i.e. diet, gallbladder disease, celiac disease, diverticulitis, etc. If changes in stool occur, it can mean that there may be an illness affecting the gastrointestinal (GI) tract or the entire body, and should be immediately discussed with your physician.

Recently, Sherry went to Graham Hospital, and was cared for by Emergency Room Physician, Dr. Devashish Agarwal. She was promptly
admitted after diagnostic tests determined that Sherry had colitis. As it often goes in an emergency situation, she arrived at the hospital empty-handed, with no extra set of clothes, toothbrush, or personal care items, etc. On top of already hurting and generally feeling bad, she also felt “out of sorts” altogether, and was understandably emotional.

Much to her surprise, Dr. Agarwal stopped by Sherry’s room the next morning: just to check in on her. He could see that she was visibly upset, and tenderly comforted her with 3 simple words, “God bless you.” Shortly thereafter, the Chaplain came in, and asked if he could pray with her. Sherry replied, “Yes, but I’ll cry.” He assured her that it was okay to cry. After a brief time, the Chaplain came back to see Sherry. He had taken a picture of something near and dear to her, and brought it back to cheer her. With tears, she shared, “That warmed my heart.” Then, she received a beautiful bouquet from her girlfriend, and her husband arrived before long with some of her personal belongings.

Dr. Agarwal expressed, “I feel blessed everyday that GOD gave me the opportunity to train as a Physician. With the necessary skill and compassion, we bring hope, happiness and health to anyone who comes in touch with us on a daily basis. Graham gave us the platform for serving the wonderful population of Canton. With our skilled team we try not just to treat, but to heal our patients. Sherry was one of my patients who had a bad day due to her GI symptoms. Our team listened to her as a patient, relieved her pain, and more importantly, held her hand and prayed for her until she got better.”

In a small community, where everybody is acquainted, it can sometimes feel awkward or even embarrassing going to the ED and being cared for by many who recognize you. On the other hand, who better to care for you, than someone who knows you, and will give every part of themselves to make you feel better? Sherry, a former teacher, knew many of the nurses who cared for her during her three-day stay. While she didn’t want them seeing her in the condition she was in, she repeatedly expressed that she “couldn’t have received better care” from ED to PCU, in talking with Case Management to being “hugged and loved” by CNA, Mary Kay…everyone was wonderful, and she wanted to let them all know. Not only did she do so by sharing her personal story, she also showered them with flowers and chocolates, as her own special way of showing her appreciation for all that they had done for her.

Jessica Koehl, RN in PCU added, “Sherry Beam is simply an amazing woman. She helped mold me into the person I am today. It seems just like yesterday I was sitting in her rhetoric class. It gives me such gratitude to help someone who’s done all they can do to help me. She’s an all around wonderful, caring woman, not to mention a wonderful volunteer, as the Graham Hospital Gift Shop is always stocked with beautiful inventory.” (Sherry is the Gift Buyer for the Graham Hospital Service League Gift Shop).

“Very skilled and very friendly, from the parking attendants through every phase of my treatment.”

Free Vocal Assessment Clinic

Friday, April 14th 12:30 p.m. to 4 p.m. Graham Medical Group (Canton)

In recognition of “World Voice Day,” which is April 16th, Dr. Gary Shaw is offering a free walk-in clinic to assess the vocal health of individuals. Dr. Shaw has over 25 years of experience in treating all types of voice and swallowing disorders.

This clinic will be on a first come, first served basis. If you have specific questions or concerns, please feel free to call Dr. Shaw’s office at: (309) 647-0201.
2nd ANNUAL TRIVIA BOWL sponsored by the Graham Hospital Service League

Saturday, March 4, 2017 at 6:00 p.m. at The American Grille Restaurant banquet area.

Come early and eat dinner in the restaurant, and Kim will donate a percentage to the Service League.

Entry fee is $12.50 per person, or a table of 8 for $100.00

Proceeds from the event go to the Graham Hospital Service League.

To sign up, or for more information, call Kathy Edwards at: (309) 647-9443

Thank you!

Break The Habit **For GOOD!!!!!!!**

7 Week American Lung Association Directed Program
- Identify your smoking motivations and patterns
- Be given concrete tools for quitting
- Learn how to stay smoke-free
- Learn how to better manage your stress

Please call to learn more about upcoming classes at the Graham Wellness Center.

*Enroll today by calling: (309) 647-4087*

Classes are in a group setting and have the highest success rates when coupled with medication.

The Vascular Clinic at Graham Medical Group is dedicated to the treatment and prevention of vascular diseases. Drs. Chiou and Secor specialize in the diagnosis and management of vascular disorders and care for patients with general leg problems such as leg cramping, to more complex issues such as vein stripping, angioplasty, stents and bypass surgery.

Call Graham Medical Group (309) 647-0201 for your appointment or for more information regarding the services at the Vascular Clinic.

Jessica Secor, MD
Vascular Surgeon

Andy C. Chiou, MD
Vascular Surgeon

“I would recommend this hospital to everyone.”
Graham Hospital Foundation is pleased to announce our newest board member

Anna Walters, RN, a life-long Canton resident who graduated from Spoon River College in 2000. She obtained her nursing degree from Graham Hospital School of Nursing in 2006, and has been employed at Graham Hospital since that time. She is a much-loved and respected PCU nurse. Anna and her husband, BJ, have one son, Conner, and one daughter, Ellison. Both of Anna’s parents volunteered at Graham. Her late mother was a “Pink Coat” lady, and her father, a past Hospital Board Member and Service League Volunteer. Anna was a former volunteer of the Canton Jr. Women’s Club for five years.

We are so happy with her decision to become a Foundation Board member, and truly appreciate her dedication as an employee and volunteer of Graham Health System.

January is National Cervical Health Awareness Month

Don’t wait for a sign.

Up to 90% of the most common types of cervical cancer can be prevented if cell changes are found early and treated if necessary. Cervical cancer usually has no early symptoms.

Upcoming Blood Drives:

- January 20 – 7 a.m. – 11 a.m.
- February 17 – 11:30 a.m. - 2:30 p.m.
- March 17 – 7 a.m. – 11 a.m.
- April 21 – 11:30 a.m. - 2:30 p.m.

In the Lobby Conference Room at Graham Hospital

To schedule an appointment, please call Sember: (309) 647-5240 ext. 2346 or by email: sderenzy@grahamhospital.org

Two door prizes will be given away!

“The food was very good. I enjoyed every meal.”