

The Community *Check Up*

A QUARTERLY PUBLICATION OF GRAHAM HEALTH SYSTEM

WINTER 2009

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EXCEPTIONAL PATIENT CARE
Right in the heart of our community
647-0201



GRAHAM HEALTH SYSTEM

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

MESSAGE FROM THE PRESIDENT

As I write this letter it is in the single digits, it's cloudy and we are all dealing with the ice and snow, but things have never looked brighter for Graham, Canton, Fulton County and our entire service area.

From a big picture perspective the news last week of COOK CANTON is the exact shot of positive news we all needed. I can't think of a better way to wrap up 2008 and to start 2009 than to know one of the leading medical manufacturers (in the world) has chosen Canton, Illinois as the site of their next expansion. I'm not sure any of us can fully appreciate what it will mean to bring 100 or 200 or potentially 300 good paying jobs to this community. From the Health System's perspective as the largest employer in the market, we only see great things ahead with the news of the significant investment Mr. Cook is making in Canton. We welcome the entire Cook organization with open arms.

On the home front, lots of great things are happening within Graham. We received notification that our \$16,000,000 Clinic project application to the Illinois Department of Public Health has been deemed complete. We will now go before the Health Facilities Planning

Board in early March for final approval. Our plans are to start actual construction in late March.

We are actively recruiting 4 more primary care physicians, and as of today have contracted with one, Dr. Joshua Bowers, a Family Practitioner completing his training at University of Illinois / Methodist Medical Center. Dr. Bowers and his growing family will be here this coming summer when he joins Graham Medical Group. Our plans are to add at least one more Family Practice physician in the summer of 2009 and one or two additional Family Practice doctors in the Summer of 2010. We continue to add specialty clinics in Canton, the latest three being Neurosurgery, Endovascular Surgery and Psychology.

Our plans are to kick off a Hospitalist Program at Graham in the summer of 2009 as well. The Hospitalist Program allows for clinic physicians who choose to, to directly admit their hospitalized patients to the Physician Hospitalist. The Hospitalist manages all inpatient care, returning the patient's care to their Primary doctor upon hospital discharge. Hospitalists are able to attend to their patients throughout the day, as they are stationed at the hospital and do not need

to "run back and forth" from a clinic setting. Clinic physicians can more readily attend to their clinic patients in a timely manner, knowing their hospitalized patients at Graham are being cared for by the Hospitalists.

My hope is we all had a few minutes over the busy holiday season to reflect back on all that we have, all that we should be thankful for and to count our blessings. At Graham we look ahead to a very bright and rewarding 2009.

Sincerely yours,
Robert G. Senneff, FACHE
President & CEO



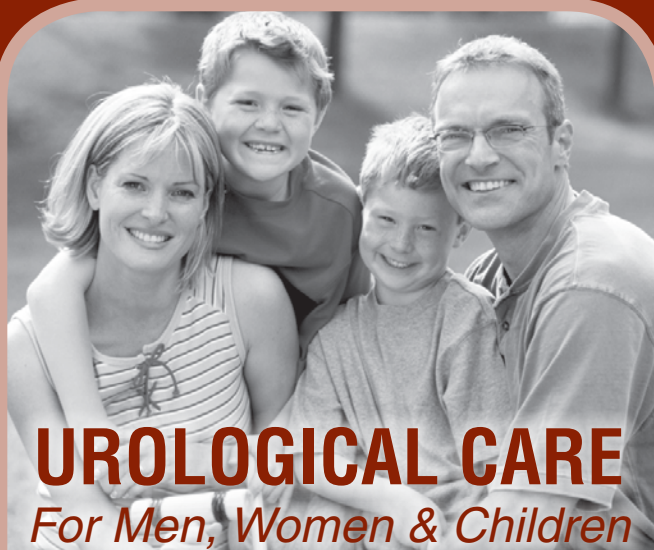
For all your
 General Surgery needs

 **GRAHAM
 MEDICAL GROUP**



www.grahammedicalgroup.org 309-647-0201

*"You folks are the nicest people I've ever met.
 Thank you for your prayers!"*



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- Men's Health
- Urinary Incontinence
- Kidney Stones, Male
- Cryosurgery
- Microwave Therapy
- Male Fertility
- Female Urology
- Vasectomy
- Urinary Tract Infections
- Diseases & Cancers of the Prostate, Bladder & Kidney

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 309-649-6856



GRAHAM HEALTH SYSTEM...

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- Coleman Medical Associates
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- Illinois CancerCare
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- Illinois Lung Institute
- Illinois Neurological Institute
- Illinois Plastic Surgery
- Institute Physical and Medical Rehabilitation
- Dr. Yibing Li
- Methodist at Canton
- Midwest Urology
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- OSF Urology
- Peoria Surgery Group
- Peoria Tazewell Pathology Group
- Psychology Specialists, Ltd.
- Renal Care Associates
- Dr. F.E. Stivers
- Western Illinois Oral & Maxillofacial Surgery

210 West Walnut • Canton
 309-647-5240 • www.grahamhospital.org



*“Words cannot express the gratitude for you.
 We thank you with all of our hearts.”*



Healthy Living

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

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

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

**Please fill out this registration form and mail to: Graham Hospital
Healthy Living Program
210 W. Walnut
Canton, IL 61520**



Name _____

 Address _____

 Phone _____
 Email _____

UPCOMING EVENTS

January 2009

- 5 BINGO - Lobby Conference Room at Graham Hospital, 10 a.m.
- 14 Bill Swango Wood Carving Presentation, 10 a.m. Lobby Conference Rm. At Graham Hospital
- 20 Isle of Capri Bus Trip with Peoria Charter
- 21 Basic Computer Class, 9 a.m. Graham Hospital, 4th Fl Computer Room. RSVP by January 16th
- 22 Understanding Food Labels. Lobby Conference Room

February 2009

- 2 BINGO - Lobby Conference Room at Graham Hospital, 10 a.m.
- 4 Intermediate Knitting/Crocheting Class (1st of 5 sessions) 4-5 p.m. Lobby Conference Room. \$5 fee for supplies.
- 11 Int. Knitting/Crocheting Class (2nd class) 4-5 p.m. Lobby Conference Room
- 12 Cake Decorating Class - Lobby Conference Room at 10 a.m. Small fee for ingredients. Please RSVP by February 6th.
- 18 Int. Knitting/Crocheting Class (3rd class) 4-5 p.m. Lobby Conference Room
- 18 Basic CPR Class in the Lobby Conference Room, 10 a.m.
- 24 Dinner/Movie in the Lobby Conference Room at Graham Hospital 5 p.m.
- 25 Int. Knitting/Crocheting Class (4th class) 4-5 p.m. Lobby Conference Room

March 2009

- 2 BINGO - Lobby Conference Room at Graham Hospital, 10 a.m.
- 4 Int. Knitting/Crocheting Class (5th class) 4-5 p.m. Lobby Conference Room
- 10 Vision 20/20 Presentation 9-11 a.m. in the Lobby Conference Room
- 20 "Back Safety" presented by Physical Therapy Staff. 10 a.m. Lobby Conference Room
- 31 Blood Glucose Check from 8 a.m. to 10 a.m. at Graham Medical Group, Canton. Free to Healthy Living Members.

PROGRESS TOWARD AN ELECTRONIC MEDICAL RECORD SYSTEM

Graham Medical Group continues to progress toward an electronic medical record system by further implementing the eClinicalWorks electronic health record.

As of mid-October, the remainder of Graham Medical Group physicians and mid-level providers went “live” on the system and are documenting their visits electronically. This capability gives other providers instant access to progress note information, recent prescription refills, and all other aspects of patient care. As more and more information is entered into the system, the benefits become more apparent. A nurse is able to view a patient’s insurance card when making a referral, and can record the pre-authorization information right in the electronic chart. A health information clerk can print off a vaccination record from the system. A physician on nursing home rounds or hospital rounds can access test results and other data while outside the clinic facility. A patient’s chart is no longer facility specific, so physicians in our satellite offices can see what physicians in Canton have done, and vice versa.

Patient data is also gradually being received through a central fax inbox and then routed to the correct provider. This way, the clinic has one fax number for patient-related documents rather than the multiple numbers which required the caller needing to know which physician was located in what part of the building, and which fax number to use. The hospital’s emergency room notes are coming in electronically, eliminating the need to scan documents into the system for access. More and more physicians are using electronic prescription refill capability, which will eventually decrease patient wait times for prescription refills.

There is still a long way to go in getting information entered, but every day progress is made toward becoming more electronic and having more and more access to information.



PREPARED CHILDBIRTH CLASSES

Jan. 24 • April 18 •
August 29
9am – 1pm
Lobby Conference Room
Cost is \$20

BREASTFEEDING CLASSES

Jan. 10 • April 25
July 18 • Oct. 17
1-3PM
Lobby Conference Room

Are you tired of the PAIN, NUMBNESS, TINGLING or WEAKNESS?



Yibing Li, M.D.

Dr. Li provides the most advanced medical diagnosis along with non-narcotics, non-surgical treatments for acute and chronic neck pain, back pain, nerve/muscle/joint diseases, work injury, automobile accidents, etc.

**ACCEPTING
NEW
PATIENTS**

**CALL 309-688-CPMR (2767)
TO SCHEDULE AN APPOINTMENT**

**3rd Floor Clinic • Graham Hospital
210 W. Walnut St. CANTON**



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“Our Community’s Choice”

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“Thank you for your loving care.”



healthy weight week

January 18-24

Traditionally many Americans begin a diet the first week in January and “blow” it the second week. Healthy Weight Week, the third week, is a time to stop dieting for good and help people normalize their lives. It’s a welcome antidote to the dieting and bingeing that typically begin the New Year!

Healthy Weight Week promotes healthy nondiet lifestyles for children and adults of every size. It helps them move ahead to healthy habits they can live with long term – sound, reasonable habits that allow them to live well and get on with their lives. Eat well, live actively, and feel good about yourself and others.

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

*graham hospital
provides that help*

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

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

**Class Begins: Tuesday, January 27th,
in the Graham Wellness Center at 5:00 p.m.**

**Enroll today by calling
Carla Bahr at:
647-4087**
Graham Wellness Center
235 West Walnut Street, Canton
MEDICARE AND MEDICAID COVERED

 **GRAHAM HOSPITAL**
“Our Community’s Choice”

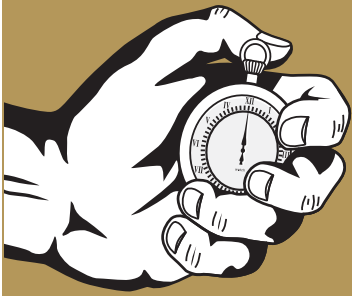
Personal Challenge: Develop Healthy Living Habits for a Lifetime

Choose two or three of the following activities to carry through the week, at a comfortable level. Continue four months while gradually adding the others. Then decide how to keep them up all year.

- **Stop dieting.** Stop making weight loss goals and “waiting to be thin.” Stop weight-obsessive thoughts. Instead, be your own best self, starting right now. Decide it’s time to get on with living your life to the fullest.
- **Be active in your own way every day.** Focus on the pleasure of movement and its health and energy benefits, not calories burned. Don’t overdo it, or it won’t become a habit. (*If you’re not regularly active now, start with 5 minutes a day for the first month, then gradually increase time.*) For most adults, an appropriate level is about 20 to 30 minutes a day for at least five days a week. Avoid long periods of inactivity.
- **Identify and build on your own special talents, traits and interests.** Use self-talk and affirmations to enhance personal acceptance, respect, self-esteem and positive body image. Feel good about yourself.
- **Feel good about others.** Expect and extend respect, tolerance and acceptance.
- **Promote good relationships and communication with family, friends and acquaintances.** Spend time enjoying social activities.
 - **Rediscover normal eating** – eat at regular times, typically three meals and snacks to satisfy hunger. Tune in to your body’s internal signals of hunger and fullness – eat when you’re hungry and stop when full and satisfied. Enjoy your food. Notice how much better you feel!
 - **Eat well.** Include all five food groups every day: bread and grains, fruits, vegetables, milk and dairy, meat and alternates. Choose balance, variety and moderation. All foods can fit.
 - **Relax and relieve stress in your life.** Take time for a daily 10-15 minute relaxation session. Or just empty your mind and let your body go limp for 30-second relaxation breaks occasionally throughout the day. Stress can lead to high blood pressure, chest pain, back pain, indigestion, headaches, insomnia, anxiety, depression, confusion, mood swings, irritability and anger. Listen to your body. Be flexible, relax and go with the flow.
 - **Respect and appreciate size diversity.** Reassure yourself and others that beauty, health, and strength come in all sizes. Promote healthy living at every size. Recognize that size prejudice hurts us all.

You may choose to make a personal contract and give yourself a reward at the end of each week. If you’ve set your challenges too high, you’ll know it: cut back before they become burdensome. Make healthy living changes gradually, one baby step at a time, small changes you can live with for the long term.

Hospice Staff – “Our family wants to thank you from the bottom of our hearts for your kindness and support in the last moments of our Dad’s life.”



**Because
Seconds
Count**

& Quality Matters

Heart Healthy Dinner

Feb. 19th, 2009 at 5:30 p.m.

Featuring...



**FREE
Dinner**

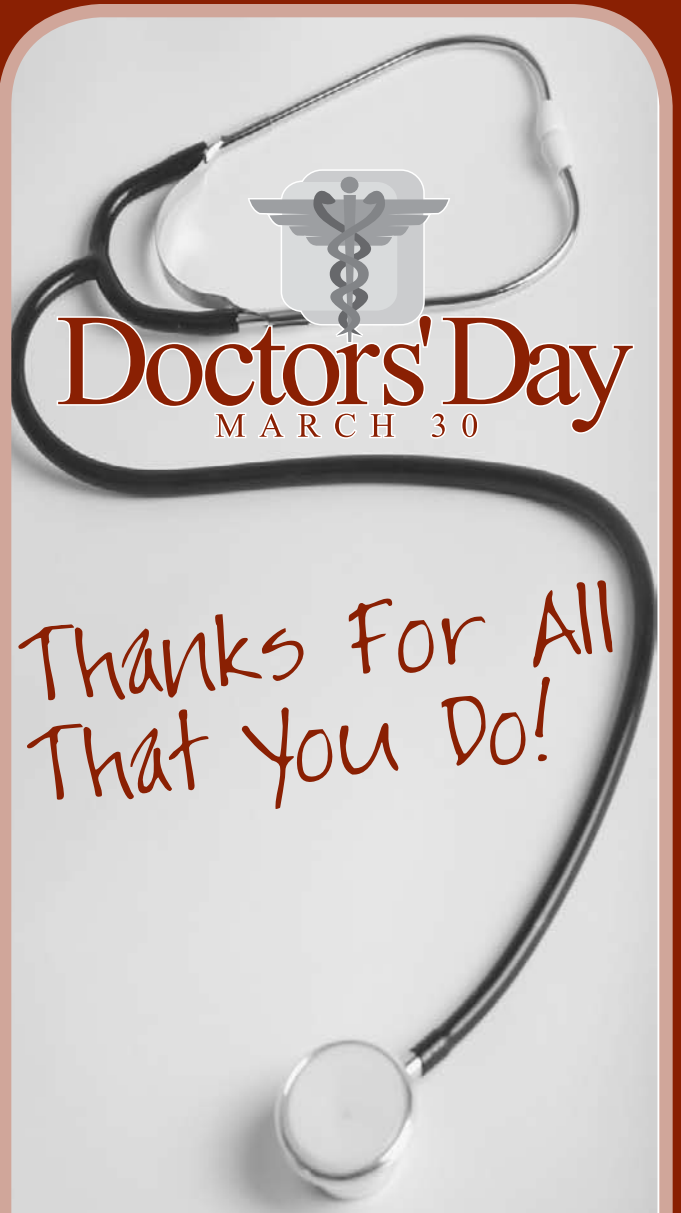
**Great
Prizes**

Dr. Anthony Brody

Please RSVP by calling Shelly at:
647-5240 ext. 2477.



We're here for you!



"This was my first experience with Hospice but I shall always be a supporter of your organization from this point on."

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

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A QUARTERLY PUBLICATION

WINTER 2009

Are you worried about your child's health?

Weight problems are becoming an epidemic among our children. If you are concerned about your child's weight or activity level, join our **ShapeDown** Program. **ShapeDown** is a 10 week, national family-style treatment program for overweight kids 6-18 years of age. Physician order and preregistration required.

Next Class Begins

*Monday, January 19th
At 6:00 p.m.*

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

*Enroll Today by Calling
Carla Bahr at 647-4087*

Dietary Consult/Fitness Assessment Included



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We Strive for 5!



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