



MITCH CLARK
Knee Replacement
Patient



A Look Inside:

DR. WOLTERS
PERFORMS
TOTAL JOINT
REPLACEMENT
AT CAH&C



A Message From Our CEO

GREETINGS RESIDENTS OF CARLINVILLE AND SURROUNDING AREAS!

This is a very exciting time at Carlinville Area Hospital & Clinics! Your local hospital is growing, thriving, and providing more high-quality healthcare to area residents than ever before! Our board members, physicians, medical professionals, and frontline staff are working to ensure our organization stands ready to care for you and your family.

Here are some interesting facts about CAH&C:

- We are advancing the level of care offered locally. Throughout the COVID-19 pandemic, our team has successfully provided treatment for several serious and complex patients. The training, competence, and confidence our medical professionals are gaining will continue to benefit patients needing advanced care.
- Our Specialty & Surgical Services have expanded. In June 2021 our team successfully performed its first ever total knee replacement in Carlinville. Our experienced Surgery, Nursing, and Rehabilitation departments trained for months to care for this and future orthopedic joint replacement patients. Specialists in Oncology, Gastroenterology, Ophthalmology, Gynecology, and General Surgery are also expressing confidence as their practices grow locally.
- We invest in modern and advanced healthcare technology. Our laboratory has deepened its testing offerings with new instruments. Furthermore, we completed the upgrade of our Electronic Health Record across our clinics and the full digitization of our Radiology Department.
- Our physicians are providing medical expertise and guidance to clinical operations. We are fortunate to have several experienced and talented physicians working together to ensure exceptional care for our patients. Physician engagement is providing tremendous benefit to patient care outcomes.

- We are successfully attracting, recruiting, and retaining high-quality staff. The key to the success of any organization is the quality of its people. We are fortunate to have several current healthcare professionals on our team with significant longevity while attracting new healthcare experts to lend their talents to our efforts. Our team members know our environment is one where everybody makes a difference in the care we provide.

- Our local leadership team is focused on delivering the best care possible for our friends and neighbors. Nearly every member of the Executive Team is a local individual with long-term connections to the organization and community. Local members of our leadership team include: Jessica Barkley, CNO/CQO; Tracy Koster, COO; Jamie Bray, Clinic Exec; Tanya Kessinger, Specialty Exec; Jerod Cottingham, IT; and Ed Smith, Facilities. CFO Paul Courtney and I are honored to work with this talented group committed to local excellence.

As a member of the Carlinville area community, you should be proud of how our team has risen to meet the challenge presented by the unprecedented, global pandemic. Our team is committed to delivering the highest level of care to all residents.

I would like to thank each member of the CAH&C family for their hard work that continues to progress the organization. Our team's expertise and dedication to their professions provide exceptional care to our patients. I want to thank the community for the support, confidence, and commitment demonstrated to CAH&C and look forward to continuing the advancement of care for you and your families, locally.



Best wishes for a healthy future!
– Brian D. Burnside, *President/CEO*

A New First For Carlinville

DR. WOLTERS PERFORMS TOTAL JOINT REPLACEMENT
AT CARLINVILLE AREA HOSPITAL & CLINICS

History was made at Carlinville Area Hospital & Clinics on June 16, 2021, when Dr. Brett Wolters, MD performed the hospital's very first total joint replacement. This procedure will dramatically improve the quality of life for many in the area — in fact, it already has for one Carlinville resident!



Mitch Clark, 85, is a Texas native who has lived in Carlinville since 1965. An artist and professor emeritus at Blackburn College, Mitch said his knee problems began about 13 years ago, leading to his first knee replacement in Springfield. However, the pain resurfaced more than a decade after the procedure, causing Mitch so much

physical stress he was unable to participate in one of his favorite activities: walking his border collies.

"It got so bad that I couldn't actually continue my usual dog walks. It was pretty terrible," Mitch said. "Things just sort of fell out of order for me. I was in a situation where I could not physically walk comfortably anywhere."

Dr. Wolters, MD, an orthopedic surgeon at Springfield Clinic, met with Mitch for consultation at Carlinville Area Hospital & Clinics. Dr. Wolters confirmed Mitch's knee needed to be replaced, saying Mitch's condition would not allow him the mobility he desired.

"What I noticed most about him was the relationship between him and his wife. They wanted to be active together. They wanted to walk together. They wanted to experience life together," Dr. Wolters said.

"Unfortunately, Mitch with his knee issue was unable to walk any significant distance, and that frustrated both him and his wife. I thought that the best opportunity for him to re-establish that quality of life for himself would be to have a knee replacement."

Dr. Wolters scheduled Mitch for a total knee replacement on June 29, during which time Mitch was to receive the Zimmer Biomet Persona® Knee, a personalized, total knee replacement implant that is customized to fit each patient. Prior to surgery, Mitch met with Dr. Wolters and the Surgical team as well as the Physical Therapy team, all of whom explained the process of the procedure and recovery.

"It was like being on a boat that was manned by an expert crew," Mitch said. "I felt absolutely secure in everything."



Mitch credits much of his progress to the support and treatment from the Physical Therapy team. He said following surgery, physical therapists would work with him in their facility, provide exercises for him to do at home, and follow up with him routinely.



Mitch with Physical Therapy Assistant Deb Hernandez

“They start you off slow and work you through, and they’re measuring everything that you do,” Mitch said. “They’re very compassionate and professional.” Mitch said he noticed an immediate difference in his mobility after the surgery.

“I’m actually able to get around pretty much normally,” Mitch said. “Actually, I’m amazed at how much better I feel. It’s astonishing really, I was basically crippled.”

Then suddenly, I’m on the road to recovery relatively quick. They said as soon as some of the swelling goes down, I’ll be right back to absolute, 100% normal. It’s obvious to me I will be. Things have really paid off.”

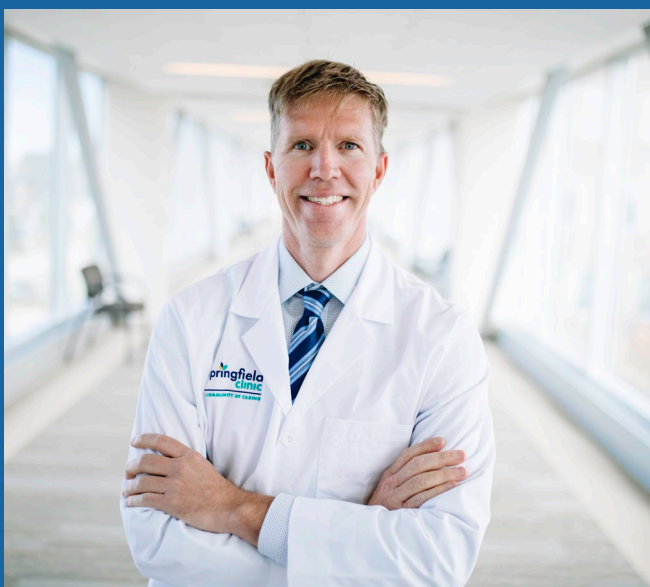


Now walking about a mile each day — half a mile in the morning and half a mile in the evening — Mitch said he is grateful to receive such expert, compassionate care close to his home.

“I think it’s just incredible. It’s a community of people,” Mitch said. “In general, I’m just in shock, in such a small town that we have such a good facility. I couldn’t have imagined it.”



Meet Dr. Wolters!




Dr. Brett Wolters, MD, is board-certified in orthopedic surgery and orthopedic sports medicine with specialties including ACL tears, hip tears, knee injuries and arthritis, and shoulder injuries. Dr. Wolters studied at the Southern Illinois University School of Medicine in Springfield — where he also completed an orthopedic residency — and then went on to complete a fellowship in orthopedic sports medicine at TRIA Orthopedic Center in Minneapolis.

He is a member of the Illinois State Medical Society, the American Medical Association, the Sangamon County Medical Society, the American Academy of Orthopaedic Surgeons, and the American Orthopaedic Society for Sports Medicine.


Dr. Wolters is an employee of Springfield Clinic and serves as a non-employed, independent consultant of Carlinville Area Hospital & Clinics. He is accepting new patients and accepts Blue Cross Blue Shield PPO insurance when seen at Carlinville Area Hospital & Clinics. For more information or to schedule an appointment with Dr. Wolters, call our Outpatient Specialty Clinic at 217.854.3141 x250.

2021 COVID-19 Statistics at CAH&C


Carlinsville Area Hospital & Clinics released its COVID-19 statistics for the 2021 calendar year. The hospital admitted 83 patients for COVID-19 last year while reporting 855 cases. In addition, the hospital administered 8,229 tests between clinics and drive-thru testing facilities.


NUMBER OF
PATIENTS COVID
TESTED AT
CAH&C RURAL
HEALTH CLINICS

4,379


NUMBER OF
COVID POSITIVE
AT CAH&C
RURAL HEALTH
CLINICS

599


NUMBER OF
PATIENTS COVID
TESTED AT THE
CAH&C DRIVE-THRU
TESTING CENTER


3,850


NUMBER OF
COVID POSITIVE
AT THE CAH&C
DRIVE-THRU
TESTING CENTER

256


TOTAL
NUMBER OF
CAH&C ED
VISITS

6,007


TOTAL
NUMBER OF
COVID-RELATED
ED VISITS

1,557

Jessica Barkley honored by ICAHN

CHIEF NURSING OFFICER NAMED 4 HOSPITAL LEADERS UNDER 40 AWARD WINNER

Carlinsville Area Hospital & Clinics Chief Nursing Officer and Chief Quality Officer Jessica Barkley, RN, BSN was named one of the 4 Hospital Leaders Under 40 award winners by the Illinois Critical Access Hospital Network (ICAHN) on Nov. 18, 2021, at their annual conference.

Jessica has been an integral part of the Carlinsville Area Hospital & Clinics nursing team since she was hired in May 2010, beginning as a night shift medical and surgical nurse. After being promoted to Quality/Infection Prevention Director — during which time she created those departments — she took on risk management and compliance officer responsibilities before being named CNO in 2020, remaining in her CQO role.

“I am delighted to support Jessica as one of ICAHN’s 4 Under 40. Jessica assumed an ever-increasing role at Carlinsville Area Hospital & Clinics,” said Mike Lieb, FACHE, Vice President of HealthTechS3. “Her strong leadership as CNO has helped propel Carlinsville Area Hospital & Clinics into one of the clinically strongest Critical Access Hospitals in Illinois.”



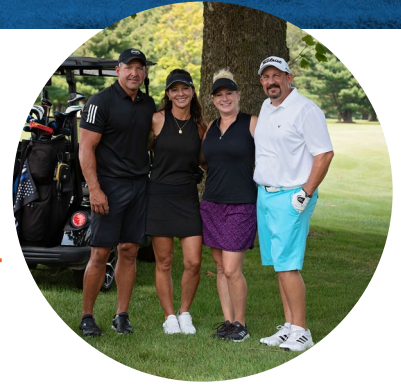
In addition, Jessica also spearheaded a program to develop an orthopedic service that would allow CAH&C to perform a total knee replacement. Her multi-specialty, multi-organizational team of 25 planned, reviewed, and purchased equipment, carefully reviewed, revised, and implemented numerous procedures, ran training sessions, and performed numerous “practice” knee replacements.

“Jessica has been a key part of the Carlinsville Area Hospital & Clinics team for more than 11 years. Her leadership has been key to the improvement of many aspects of care and operations at the hospital,” said Tracy Koster, COO at Carlinsville Area Hospital & Clinics. “Her leadership has driven Emergency Department Patient Satisfaction to new and improved levels, and Jessica has also served as the primary leader of the Carlinsville Area Hospital & Clinics entire COVID response.”

Foundation Golf Outing Raises \$23,000

The Carlinville Area Hospital Foundation's 15th Annual Golf Outing raised over \$23,000 for the organization. Held August 20th at Carlinville Country Club, the event included 88 golfers and more than 20 sponsors. Proceeds from the golf outing will benefit the Foundation and its purpose to help support the availability of primary and emergency health care services for those living in our service area.

THANK YOU TO THE FOLLOWING SPONSORS THAT HELPED MAKE THIS TOURNAMENT A SUCCESS!



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Ways to Contribute

Individuals, families, businesses, and organizations can contribute to the Carlinville Area Hospital Foundation in any of the following ways:

Unrestricted or Restricted Contribution

Many donors choose to share a particular personal or business success with the hospital or Foundation through a contribution. Some choose to give on an annual basis.

Gift of Remembrance

A memorial contribution is a way to remember how a loved one touched the lives of others.

Planned Giving or Bequest

Some donors also choose to make a substantial gift through planned giving or bequests.

Trust Fund Contribution

To ensure the healthcare needs of those in the Carlinville area will be met for years to come, the Carlinville Area Hospital Association Trust Fund was established in 1987. Contributions to the Trust Fund are invested by the CNB Bank & Trust, N.A., and only the interest earned is used to support services provided by the hospital.

For more information, contact **Jamie Bray, Foundation Executive Director**, at **217.854.3868** or **jbray@cahcare.com**.

Meet Our 2021 Scholarship Winners



Colleen Madden attends Saint Louis University. Colleen is a two-time Foundation Scholarship recipient. She is pursuing a healthcare profession in Dietetics.



Samantha Park attends Southern Illinois University Carbondale pursuing a Nursing Degree. She is a two-time Foundation Scholarship recipient.



Stephen Demartini attends the University of Illinois College of Medicine where he plans to become a Medical Doctor. Stephen is also a two-time Foundation Scholarship recipient.



Adriann Welte attends Maryville University of St. Louis and is studying to become a Doctor of Physical Therapy.



Megan Passalacqua attends Purdue University and is a three-time Foundation Scholarship recipient. She is studying to be a Doctor of Pharmacy.



Sarah Fetter attends Lincoln Land Community College in Springfield and is pursuing a Nursing Degree.



Nanami Owada attends Millikin University in Decatur. She is a two-time Foundation Scholarship recipient and is pursuing a Nursing Degree.

The Carlinville Area Hospital Foundation wishes all the above recipients a bright future in their healthcare endeavors. 2022 Scholarship Applications are now available at cahcare.com.



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Hospital Board Chair Schien Retires

LONGTIME BOARD MEMBER HAS SERVED SINCE 1979

J. Richard Schien, chair of the Carlinville Area Hospital & Clinics Board of Directors, has retired from the board after 42 years of service.

"I am proud to have had a small part in improving healthcare for our community and extremely proud of the staff at Carlinville Area Hospital & Clinics and the quality of care they provide." Schien said.

He joined the hospital's Board of Directors in 1979 and has been an active supporter of his hometown hospital since then. Schien credited the community's support as a major, contributing factor to the continued growth of the hospital.



"Carlinville is a great place to grow up and raise a family," Schien said. "The community has been very supportive of improvements in our local healthcare."

During his time on the board, Schien oversaw many expansions in the hospital's services, as well as technological advancements and physical growth.

"People like J. Richard Schien are the epitome of what makes this hospital such a special part of the community," said Carlinville Area Hospital & Clinics President and CEO Brian D. Burnside. "Richard's commitment to the hospital and the community has been an invaluable and integral part of the hospital's success for more than four decades, and a model for all people who wish to serve their community."

Girard Clinic Expands Services

Dr. Kate Wilkens, MD and Rachel Pranger, PA are now seeing patients Monday through Friday at Girard Family Health Care. Established patients of Dr. Wilkens and Rachel Pranger can be seen at the clinic in Girard or be transitioned to another provider at Carlinville Family Health Care.

For more information, call Girard Family Health Care at 217.627.2222.



Kate Wilkens, MD



Rachel Pranger, PA