Throughout 2018, IMH was part of many local events, and we couldn’t have done it without all of you! From parades, to children’s events, to health education for the community, here is a recap of all that we did.

Getting kids involved in learning about healthy ways to eat, exercise, and play is very important. We started out 2018 with Color for Heart Health, where children came to IMH and brought their favorite toy friend to have their heart checked by an IMH RN. They then received a certificate that their friend was heart healthy. Kids also had the opportunity to submit a coloring page to be displayed in the IMH main lobby throughout the month of February.

We visited Crescent City Grade School for Jump for Heart Health, providing activities for students, participated in Watseka Park District/Elks Club Kids’ Carnival, Donovan High School Volley for the Cure, and much more.

WCHS Road to Reality brought IMH, Watseka Community High School, Watseka Fire Department, Riverside Hospital, and the Illinois State Police together to tell a story. With Prom approaching at the time, we wanted to help raise awareness of the dangers while driving under the influence and texting while driving. IMH’s photo compilation video from the event reached thousands on Social Media!

Continue reading on page 5.
Join Us for These Upcoming IMH Events

Month of February

Month Long Arterial Disease Screening Specials
IROQUOIS MEMORIAL HOSPITAL
$30 Peripheral Vascular Disease (legs); $30 Aortic Aneurysm (stomach); $30 Carotid Artery (neck); $90 Complete Vascular Package. Click for more details >

Month of February

Month Long $49 Heart Scan Special
IROQUOIS MEMORIAL HOSPITAL
Determine the amount of calcium build up in the arteries of the heart. In just 10 minutes time, we can give you peace of mind. Click for more details >

1st Tuesday of Each Month

Free Blood Pressure Screenings
IMH CLINICS | 8-10 A.M.
Gilman Clinic, Kentland Clinic, Milford Clinic, and MSP Clinic in Watseka.

February 12

Employee & Community Health Fair
IMH MAIN LOBBY | 7-9 A.M. • 11 A.M.-1:30 P.M. • 2:30-4:30 P.M.
Join us for free health screenings, healthy snacks, a special heart health presentation at 12 p.m., & enter to win one of the great raffle prizes! Click for more details >

March 30

Doctor’s Day
Thank your doctors for all they do! Watch the IMH Facebook page for ways to submit your words of thanks.

For questions on upcoming events, please contact Mary Kay Lavicka, Outreach, at marykay.lavicka@imhrh.org or at 815.432.7960.
The Watseka area community is very fortunate to have its own hospice. For 23 years, Iroquois Memorial Hospice has provided the highest quality of care as a fully Medicare Certified Hospice provider. Some of the advantages of having your own local hospice include:

• You have seen our work, hundreds of times over 23 years, as we’ve cared for our Iroquois County neighbors.

• We have the fastest response times for urgent weekend and holiday nursing needs because our staff live here, not 2 counties away.

• Our staff are your neighbors, our children go to school with your children, and we live with the Sugar Creek/Iroquois flooding along with you.

• We are available to you with our offices here in Watseka, not out of state.

To learn more about the end of life care and support that Hospice could offer to you or a loved one, please call 815.432.0185 or visit imhrh.org.
Aaron McCray, FNP
FAMILY NURSE PRACTITIONER

Aaron McCray graduated from Eureka College in Eureka, Illinois, with a degree in Psychology. He then graduated Magna Cum Laude from Lakeview College of Nursing in Danville, Illinois, with a Bachelor of Science in Nursing. Aaron's commitment to an advanced degree in nursing was realized when he graduated Summa Cum Laude from Olivet Nazarene University with a Master's Degree in Nursing in Family Nurse Practitioner.

He has been a member of the IMH staff since 2013, when he started in the IMH Emergency Department. In 2016, he was promoted to House Supervisor. Aaron is now seeing patients in the IMH Multi Specialty Physicians Clinic, located inside the main entrance at IMH. He is certified in CPR, Pediatric Advanced Life Support, and Advanced Cardiac Life Support. He is also a member of Lambda Chi Alpha Fraternity.

Aaron's attitude and commitment towards patient care is the relationship with his patients that together they accomplish a desired attainable goal. His principle role is to provide the patient with accurate information about their condition or diagnosis.

Aaron sees patients at the IMH MSP Clinic, located at 200 E. Fairman Ave., Watseka. To schedule an appointment with Aaron, please call 815.432.5411.

Jessica St. John, FNP-BC
FAMILY NURSE PRACTITIONER

Jessica St. John is a board certified Family Nurse Practitioner who sees patients of all ages including women's health, well infant/child checkups, and illness/injury follow ups. She graduated from Olivet Nazarene University, in Bourbonnais, Illinois, with her Master's Degree in Nursing.

Jessica's diverse experience in nursing includes direct patient care and charge nurse roles in several different nursing departments. She has worked on educating patients and developing their care plans.

Jessica's relationship with her patients is working together to accomplish a desired goal by providing information about their condition or diagnosis and defining options of treatment.

Jessica sees patients at the IMH Gilman Clinic, located at 508 E. Crescent St., Gilman. To schedule an appointment with Jessica, please call 815.265.8889.
We also hosted our first Healthcare Careers Exploration day, held for high school students who are interested in working in the medical field. Twelve area students toured IMH and got to run through the procedures of a Code: FAST - the code that alerts all personnel that a patient is having a stroke.

Throughout the year, IMH hosted evening Community Education events. Topics ranged from healthy cooking alternatives to the benefits of being an organ donor, all of which were presented by special guest speakers. The Joint Health Community Education event was held at the IMH Rehab Services Department at the IRHC. Dr. Michalow, Orthopedic Surgeon at OAK, talked to over 25 participants about a variety of options for joint pain relief. IMH Rehab Services Director, Izzy Vallejo, introduced his staff and discussed treatment plans offered at IMH to help with joint and bone health. Look for our next Community Education event, promoting Heart Health, on February 12th at 12 p.m. in the IMH Main Lobby, during our Employee & Community Health Fair.

Summer and Fall 2018 were full of IMH annual events! In June, IMH hosted the 2nd Annual Community Picnic and the 26th Annual Golf Outing. Both events were a great success and it was fantastic to have numerous members of the community join us at each one! We also participated in four local parades and the Iroquois County Fair. Thank you for making the Fall 2018 Annual Iroquois Memorial Hospice Brunch the most successful in the Brunch's history, with hundreds of meals served and many raffle baskets generously donated for the occasion. In September, the Iroquois Resident Home celebrated their 60th Anniversary. Thank you for supporting us in your community for 60 years!

Additional outreach events also took place around the area throughout the year. Senior Flight Nurse, Bryon Denton, coordinated “AirLife Night Out” for IMH EMS/ER staff as well as all Volunteer EMS/Fire Departments in Iroquois County. This event was an educational opportunity where they hosted a 3-hour “training” on farm accidents and injuries. The last part of the class was their “ride-a-long class”, where participants could learn about safety of their aircraft and then come ride-a-long with them for a day. We had 85 EMS/Hospital staff attend this event.

Onarga Academy and IMH hosted their annual Health & Wellness Expo. The “Lights...Camera...Take Action!” event was held at the Grand Prairie School in Onarga, for Onarga Academy’s 220 employees, as well as open to the community. Participants had an opportunity to visit over 30 booths and enjoy this year’s cinema-themed event, which brought together local resources on physical health, financial wellness, senior health, and self care.

Thank you to our surrounding communities for your continued support for IMH. We are excited to host our annual events again in 2019, and look forward to creating new opportunities for everyone to enjoy. Stay up to date on upcoming events by following the IMH Facebook Page.
IMH offers a wide range of Rehab Services to help you get back to where you need to be.

Physical Therapy
Our exceptional staff provides outpatient, inpatient, and home health care to patients of all ages and levels of ability. These include, but are not limited to, arthritis, stroke, vertigo treatment, and post-surgical rehabilitation.

Occupational Therapy
Our professional Occupational Therapists are experienced in individualizing exercise routines and treatment sessions according to patient goals, and strive to help patients achieve their highest level of ability. They are also skilled in the fabrication of hand and arm splints.

Speech Therapy
Our ASHA speech pathologist is skilled in the diagnosis and treatment of various disorders for both adults and children. Treatments may include reading, speech disorders, memory, problem solving, and much more.

For more information on Rehab Services, please call 815.432.2051 or visit imhrh.org.