

Personal BLESSING

OUR PATIENTS. THEIR STORIES.

Fall 2017



INSIDE THIS ISSUE

PAGE 5

Laser expands options for heart patients

PAGE 6

Clinging to life, a family finds care and support at Blessing

PAGE 8

Meet new doctors in the region

Partners in Recovery

Meet breast cancer survivor Pam Crow and nurse Sheila Hermes Meyer on PAGE 3



By Maureen Kahn, RN, MHA, MSN
President/CEO, Blessing Health System/Blessing Hospital

Published by the Marketing, Communications & Community Relations staff of Blessing Hospital, *Personal Blessing* provides general information on health-related topics. It is not intended to be a substitute for professional medical advice, which should always be obtained from your physician.

The Blessing Hospital Mission Statement:

To improve the health of our communities

The Blessing Hospital Vision Statement:

Blessing will be the leader in quality patient- and family-centered health care. In partnership with our community, patients, staff, students, volunteers and physicians, we will create and support a culture of excellence and financial sustainability.

We will be recognized as the:

- Provider of choice for our patients
- Employer of choice for our staff
- Partner of choice for our physicians
- Health care educational provider of choice

For more information, contact:

Blessing Hospital
Broadway at 11th
PO Box 7005
Quincy, IL 62305-7005
(217) 223-8400, ext. 4192
blessinghealth.org

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Making the quality of your healthcare a team effort

As a consumer, wouldn't it be great if you knew the quality of service you were going to receive no matter what retailer you visited—whether it was in your hometown or in a neighboring town? Consistency is a wonderful thing.

That is one of the founding ideas behind a new organization in the region called Crossriver Quality Health Partners (CQHP). Technically known as a “clinically integrated network,” hundreds of physicians from across the region—on both sides of the river—have joined CQHP to work together to bring consistency to the quality of your healthcare by agreeing to standards of healthcare quality and to regularly measure and track quality outcomes.

In addition to standardizing the quality of care regionally, CQHP will allow member providers from across the region to get to know each other and their strengths. When you need a specific type of care, and your provider is a member of CQHP, he or she will know who in the region provides the care you need to the standard of quality that you expect and deserve. Therefore, you will have broader options to receive quality care locally rather than leaving the support of family and friends to receive care out-of-town.

CQHP is in its infancy. There is much work to be done by the hundreds of providers who have agreed to participate. The benefits of their work in the years to come promise to be very exciting and to raise the quality and accessibility of healthcare in the region to new levels. Stay tuned! ■

Blessing Breast Center/Blessing Cancer Center

The words took my breath away



Pam Crow and nurse navigator,
Sheila Hermesmeier, RN

What should have been a peaceful night's sleep began a months-long nightmare for Pam Crow of Warsaw, Illinois.

"I was lying there one night and reached up to scratch my chest and I felt a lump," recalled the 48-year-old wife, mother, grandmother and school financial aid administrator.

"In my gut, I knew right away it (the lump) wasn't normal. I put off going to the doctor because I really didn't want to know," she admitted.

Pam waited for about a month before her husband and sister finally moved her to call her primary care provider, Christina Metternich, Advanced Practice Nurse, of Blessing's Hamilton-Warsaw Clinic. That call led to a rapid succession of tests including a mammogram, ultrasound and biopsy.

Diagnosis: Breast cancer.

"Nothing really prepares you for hearing that," said Pam. "When she (Christina) said it, the words took my breath away even though I knew in my heart it was cancer."

Pam faced a decision: Where to get her care? She had experience with providers in Iowa City and wondered if cancer required she go back there.

"I felt I wanted to stay more local," Pam stated. "I wanted to give Blessing a chance. I have not regretted it."

Blessing Physician Services surgeon Dr. Emmanuel Bessay performed Pam's lumpectomy and Robert Johnson, MD, led her radiation oncology treatments.

Through it all, in addition to her faith in God and her family, Sheila Hermesmeier, RN, was at Pam's side.

Sheila is a Navigator on the Blessing Breast Center staff, available to attend doctor visits and treatments with breast cancer patients to help them understand their options and treatment plans.

"At first I was not sure I was going to like that," Pam recalls. "I am kind of a private person, but it was fabulous. Sheila would ask questions for me that she knew I would think of later. She took all the notes so when I got home I could go over things."

"When you are getting all that information, it's mind-boggling. It's information overload. I felt I could call Sheila at any time and ask her any question," Pam observed.

Sheila understood Pam's initial concern and needs.

"I, too, am a private person, so I understand that need," said Sheila. "But at this time in a woman's life, support is so important. While supported by her family, I provide a woman a different point-of-view based on my experience."

Pam's radiation therapy treatments ended in mid-August. She feels great and has some advice to share.

"Don't wait. Don't put it off. If you notice something is not right, get it checked out immediately. I am very blessed my situation turned out so well."

For more information, go to blessinghealth.org/cancer. ■



MEET THE NEWEST RECRUITS in the war against cancer. Pictured above are the staff members providing care alongside Blessing Health System’s new medical oncologist, Bassell Jallad, MD:

Front and center in the photo is Dr. Jallad. He comes to Blessing from St. Louis University Cancer Center, Division of Hematology and Oncology where he was Assistant Professor of Medicine and Associate Director of the Hematology and Oncology Fellowship Program. “My mentor is my mother,” he said. “She is a pediatric hematologist. I have seen her passion for treating patients with cancer and how much she made a difference. I knew that was what I wanted to do.”

On the left side of the photo next to Dr. Jallad is Ashley Janssen, BSN, RN, office nurse. Ashley has provided patient care at Blessing for 11 years. She most recently managed Blessing’s Infusion Center. “I am excited to be a part of the Medical Oncology team here at Blessing—it’s my passion, it’s my purpose. I have the opportunity to help heal the mind, body, and spirit of our patients and their families. Each day, our team strives to provide every patient an exceptional experience.”

Laurie Laaker, office coordinator, has worked at Blessing for 33 years, most recently in the Blessing Breast Center. “I’ve watched several of my close friends and family members go through their cancer journey. These personal experiences are what developed my passion for the work we do each day.”

Margaret Hanzel, RPh, pharmacist — “For the past six years I’ve worked exclusively in oncology and enjoy being a member of the Hematology Oncology Pharmacy Association. I love being a part of a team that brings the latest advancements in oncology treatment to the people who live in my own community.”

Leah Behymer, nurse practitioner — “To become a nurse requires a passion for caring and a genuine concern for the well-being of others. I listen with compassion and treat with the understanding that every person needs individualized care.”

Shantelle Holt, BSN, RN, office nurse, joined the Blessing Hospital nursing staff 13 years ago. Her most recent position was in the Blessing Wound Center, but she has a decade of experience caring for cancer patients. “I believe nursing has one common denominator and that is to provide passionate patient care. I strive to leave a positive impression in patients’ lives, no matter how big or small.”

Shelbi Knoche, unit secretary — “I look forward to being a part of this team and everything to come for the Blessing Cancer Center.”

Dr. Jallad’s office is located on the lower level of the Blessing Cancer Center. To contact Dr. Jallad’s staff call, 217-214-5700. ■

THERE'S NO PLACE LIKE HOME

Laser expands heart care available to Blessing patients

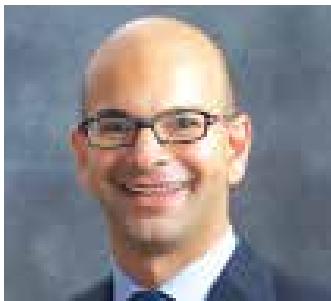
John Hamilton's workshop is a few steps from the front door of his rural Clark County, Missouri, home. There was a time recently when those steps felt like miles to John.

"I was running out of breath," said the 64-year-old. "I could not walk the few steps from my house to the garage before I was out of breath."



John Hamilton (seated) works on an ATV

John had a previous experience with cardiologist Stilianos Efstratiadis, MD, FACC, FSCAI, of the Blessing Hospital Medical Staff and Quincy Medical Group. John calls him a "straight shooter." He went back to Dr. E, as he is known to his patients, and found out a blocked coronary artery was making him short of breath - not just a run-of-the-mill blocked artery. Tests showed it to be a calcified blockage.



Stilianos Efstratiadis, MD, FACC, FSCAI



Steven Krause, DO, MHA, FACOI

Most artery blockages are soft, fatty deposits. In these cases, coronary angioplasty can fix the problem by inserting and inflating a balloon that pushes the blockage to the side and allows placement of a stent to open the artery.

Sometimes calcium, a mineral in the body, covers the fat and hardens the blockage making it impossible for a balloon to move it.

In the past, area patients with calcified blockages had limited choices, with most being referred to a larger hospital for care. Now, the condition can be treated at the Blessing Heart & Vascular Center with a procedure known as laser artherectomy.



Brenda Morrell at her home computer

"A wire is passed through the blockage," explains Dr. E. "Then a beam of ultraviolet light pulverizes the hardened blockage. The calcium becomes like sand that can be pushed against the wall of the artery with the balloon for a stent to be placed."

John was Blessing's first laser artherectomy patient.

"You'd never have known it," he said. "The staff had all the confidence in the world."

Brenda Morrell, a 66-year-old woman from Hannibal, received her laser artherectomy from Blessing Physician Services cardiologist, Steven Krause, DO, MHA, FACOI.

Continued on page 9

Family finds life-saving care and life-enriching support after terrible accident

SomewouldsayChaseThurmancheateddeath.

That's not accurate. Chase Thurman doesn't cheat. What Chase did was call upon his own physical and mental strength and—with the help of a skilled

surgeon and the support of people around the region, country and world—beat the odds.

On January 13, 2017, travelling from his home in Bloomington, IL, to school at the University of Iowa, 20-year-old Chase planned to stop at his grandparents' home in Macomb, IL. Three miles from that destination, another vehicle broadsided the car Chase was driving, launching it more than 200 feet off the road into a field.

The car was crushed and Chase was non-responsive.

His grandfather, Larry Moore, heard the commotion and raced to the scene as the Air Evac medical helicopter arrived. Larry told the crew to take his grandson to St. Francis Medical Center in Peoria, IL. The flight nurse told him, "He's not going to make it to Peoria."

Air Evac took Chase to Blessing Hospital. Chase's grandmother, Saralee, called her daughter, Chase's mom Meg. "It's bad. It doesn't look like he'll make it," she remembers her mother saying.

With those words, Meg and Chase's father, Lance Thurman, began the trek from their home in Bloomington to Blessing Hospital.

An ice storm and spotty cellphone service along the way increased the Thurman's stress level. Upon reaching Blessing, they learned their son had less than a 40 percent chance to live.

A family of deep faith, the Thurmans remained strong, but Chase's list of injuries was overwhelming: an open,

compound fracture of his thigh bone, a closed head injury, both lungs punctured, a lacerated spleen and bruising of his heart, kidney and liver. Nearly any of these injuries alone could be fatal.

Based on the severity of his broken leg, orthopedic traumatologist, Dr. Rena Stewart, became Chase's doctor.

"Every system and everything in his body was involved," said Dr. Stewart.

"Dr. Stewart made us feel at ease," said Meg. "She told us she had seen this before. As she talked with us she would take cues from us—comforting us as we needed—and then continuing with the details of Chase's condition."

What made Chase's case more complex is that he is an award-winning athlete with plans that include service in the military followed by a law enforcement career.

"For most people, if you can get them walking again, they can do everything they did before," said Dr. Stewart. "But Chase needed to be 110 percent. We needed to make this young man perfect."





Lance and Meg Thurman spend cherished time with Chase and Dr. Rena Stewart (second from left)

A 22-day stay at Blessing followed for Chase and his family, including three surgeries and stays in the Intensive Care Unit, a medical-surgical unit and Rehabilitation.

Chase's athletic condition is what helped Dr. Stewart save his life and restore his function. The muscle mass he built up over 20 years of conditioning and competition saved him from permanent injury.

"This would have killed a normal person," said Dr. Stewart.

By the summer of 2017, Chase was again participating in triathlons, rock climbing and skydiving.

"Dr. Stewart and Blessing saved his life and his lifestyle," said Lance.

"We could have gone anywhere. We chose to stay because of the care," added Meg. "We could not have had better care."

The Thurmans have an extensive network of family and friends around the region, country and world. News of

Chase's situation spread quickly through social media, reaching an audience that included dozens of Blessing employees. Those employees sought out the Thurmans throughout their time at Blessing, offering anything they could do to make the stay a bit easier.

"It went beyond the people assigned to us," observed Meg. "That's what I love about Blessing."

"You can tell it's part of the Blessing Mission," added Lance. "But also, it is who these people are."

For Chase's part, he remembers nothing of the accident and little about his stay at Blessing. But the amazing young man did return home with a valuable new insight on life.

"I am not in control of what happens to me in my life," he said. "I am in control

of my attitude, what I do with those things that do happen to me."

For more information go to blessinghealth.org/orthopedic. ■

"This would
have killed
a normal
person."

.....
Dr. Rena Stewart

WELCOME NEW PHYSICIANS



Jeffrey Cook, MD, interventional cardiologist, has joined Blessing Physician Services.

An interventional cardiologist specializes in catheter-based treatment of structural heart diseases.

Dr. Cook is board-certified in internal medicine, cardiology and interventional cardiology, with subspecialty certification in nuclear cardiology and echocardiography.

He is a Fellow of the American College of Cardiology and of the Society of Cardiac Angiography and Intervention.

Dr. Cook completed a fellowship in interventional cardiology at the University of Arkansas, a cardiology fellowship at Illinois Masonic Medical Center and residency at the University of Wisconsin Hospitals and Clinics after earning his medical degree from the University of Illinois College of Medicine at Rockford.

Call (217) 214-3439 to make an appointment with Dr. Cook.



James DiRenna, DO, family medicine, has joined Blessing Physician Services' Hamilton-Warsaw Clinic.

Dr. DiRenna is board-certified by the American Osteopathic Board of Family Physicians. He completed residency at the University of Medicine and Dentistry of New Jersey after earning his medical degree from North Texas State University.

Make an appointment by calling the Hamilton-Warsaw Clinic at (217)256-4100.



Amy North, DO, family medicine, provides care at Blessing Physician Services' Palmyra (MO) Clinic.

Dr. North earned her medical degree from Des Moines University and completed residency with the SIU Healthcare Center for Family Medicine in Quincy.

Call the Palmyra Clinic for an appointment at (573) 769-3710.



Meghan Shaughnessy, DO, family medicine, has joined Blessing Physician Services at the Blessing Health

Center, Suite 330, 927 Broadway, Quincy.

Dr. Shaughnessy is board certified by the American Board of Family Medicine and the American Osteopathic Board of Family Medicine. She completed residency at Advocate Christ Family Medicine Residency Program, Oak Lawn, IL, after earning her medical degree from Chicago College of Osteopathic Medicine, Downers Grove, IL.

Make an appointment with Dr. Shaughnessy by calling (217) 214-3808.



Seth Thibodeau, DO, has joined the Blessing Hospital Emergency Center medical staff.

Dr. Thibodeau recently completed his emergency medicine residency with Beaumont Hospital in Trenton, MI. He provided patient care at two Level II Trauma Centers, including one with 89 beds and more than 74,000 visits a year.

Dr. Thibodeau earned his medical degree from Chicago College of Osteopathic Medicine – Midwestern University.

The following Quincy Medical Group physicians have joined the Blessing Hospital Medical Staff:

Halley Anderson, DO, Geriatric Medicine; **David Phillips, MD**, Ophthalmology; **Gulshan Sethi, MD**, Vascular Surgery; **Brian Tallerico, DO**, Orthopedics

The following SIU Healthcare Center for Family Medicine-Quincy resident physicians have joined the Blessing Hospital Medical Staff:

Aurora Bell, DO; **Kelsey Davis-Humes, DO**; **S. Trevor King, MD**; **Tilak Pokharel, MD**; **Mayank Sharma, MD**; **Katherine (Katie) Skaggs, DO**



New website launched!

We are pleased to announce that our NEW Blessing Health System website has launched! Welcome to blessinghealth.org. Rebuilt from the ground up, blessinghealth.org creates a more user-friendly experience for everyone. Give it a try right now!



Blessing Health System
Broadway at 11th Street
PO Box 7005
Quincy, IL 62305-7005
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blessinghealth.org



Laser expands heart care available to Blessing patients

Continued from page 5

"I feel like a new person," she said. "Dr. Krause, he is fantastic."

The patient notices nothing different with their care when undergoing laser artherectomy. Brenda was admitted on a Tuesday night, had her laser artherectomy on a Wednesday and was back home in Hannibal by Thursday afternoon. She was pleased to have the procedure done at Blessing.

"I wouldn't want to go to St. Louis because I don't know anyone in St. Louis," Brenda stated. "I would have had no visitors. I would have been down there

by myself. Talk about being scared, I would have been petrified probably."

"Laser artherectomy allows us to provide our patients the convenience of not having to travel to receive potentially life-saving care," said Dr. Krause. "That's a win-win for the patient. One win for their health and quality of life and the other for getting the care they need as soon as possible, because with the heart, time is muscle."

For more information on heart care at Blessing Hospital, to go blessinghealth.org/heart. ■

EMPLOYEE ACCOMPLISHMENTS



Maureen A. Kahn, RN, MHA, MSN, president/chief executive officer, Blessing Health

System/Blessing Hospital, recently received two honors. She accepted an honorary Doctorate of Healthcare Administration degree from Culver-Stockton College, Canton, MO, and was inducted into the Studer Group “Fire Starter Hall of Fame.”

Honorary doctorates may be awarded to an individual for outstanding achievement or service. Degree criteria include having a national or international reputation of excellence in the field being recognized, having shown indications of leading the way to new achievements in the field for which they are being recognized and having performed important humanitarian, spiritual or administrative services for the betterment of mankind.

Studer Group uses the term “fire starter” to describe an individual who ignites the flames of passion for healthcare excellence. The Fire Starter Hall of Fame award recognizes a leader who, through their dedication and passion, guides and supports an organization’s commitment to excellence while keeping the true spirit of an organization alive and flourishing. Since its inception in 2004, more than 40 healthcare leaders have been named to the Fire Starter Hall of Fame. Studer Group works

with healthcare organizations around the world, including Blessing Health System, to help them achieve and sustain exceptional improvement in critical organizational outcomes.



Carolyn Bailey, Administrative Director, Risk Management, Blessing Health System, received

the 2017 Illinois Healthcare Risk Manager of the Year award from the Illinois Society of Healthcare Risk Management.

The award was created to recognize a deserving Illinois risk manager for achievement and contribution in healthcare risk management. In addition, the award is designed to increase public awareness of the scope and importance of the field of healthcare risk management.

In her role, Carolyn is responsible for coordination of risk management activities across the health system focusing on patient and employee safety, identification and management of risks and potential exposures, ensuring compliance with applicable state and federal statutes and providing oversight of corporate insurance claims, grievances and infection prevention.



Jeanna Crabtree, MBA, has been promoted to Assistant Dean of Support Services,

Blessing-Rieman College of Nursing & Health Sciences. She replaces Ann O’Sullivan, MSN, RN, NE-BC, CNE, ANEF, who retired after 28 years of service to the college. Crabtree has been with the college for nine years and previously served as admissions and marketing coordinator. She holds a Master in Business Administration from William Woods University, Fulton, MO, and a bachelor’s degree in marketing and management from Concordia University, Chicago, IL.

Rhonda Daniel, RN, BSN, Care Coordination Department serving Illini Community Hospital, Pittsfield, has earned Certified Case Manager (CCM) status.

A CCM is a health professional who has the expertise, knowledge, and professional experience to direct patients with serious or complex medical conditions, and/or catastrophic injuries and illnesses to the healthcare services they need.





Jayne Huseman and **Damion Dodd**, Blessing Hospital, have earned Certified Healthcare Constructor (CHC) status from the American Society for Healthcare Engineering of the American Hospital Association.



This certification confirms professional knowledge in healthcare facility construction best practices, ensuring minimal impacts to patient care environments. Certification requirements include at least five years of experience in healthcare construction and passage of an examination.

Jayne is Administrative Director, Facilities, Engineering and Development. Damion is supervisor, Construction.



Michelle Wolfmeyer, MBA, has been promoted to Director, Information Systems Applications. In addition to her Master of Business Administration degree from Quincy University, Michelle is a Certified Professional in Health Information and Management Systems (CHPHIMS) and a Project Management Professional (PMP).



Christy Woodward has been promoted to Director of Volunteer Services. She has been with Blessing for nine years, beginning as Chaplaincy Coordinator and then serving as Adult Health Corps Coordinator before her promotion. Christy replaces Susan Scholz, who retired.

Blessing physician completes fellowship training



Luis E. Zayas, MD, PT, neurologist, Blessing Physician Services, has completed fellowship training in movement disorder at the University of Nebraska Medical Center, Omaha, NE.

A movement disorder specialist is a neurologist who has received additional training in Parkinson's disease and other movement disorders including dystonia, tremors, chorea, tics, spasticity, myoclonus, ataxia, gait problems, deep brain stimulation programming and dementia related with Parkinsonism. A movement disorder specialist is on the cutting-edge of knowledge and treatment planning.

In addition to movement disorder, Dr. Zayas is also fellowship-trained in neuro-critical care from the Cleveland Clinic, Cleveland, OH. He is board-certified in epilepsy, neurology and internal medicine.

Dr. Zayas earned his medical degree from the UNIBE School of Medicine in Santa Domingo, Dominican Republic. He completed residencies in internal medicine at St. Barnabas Hospital, Bronx, New York and neurology at Cooper University Hospital/University of Medicine and Dentistry of New Jersey, Camden.

Prior to earning his medical degree, Dr. Zayas earned a Bachelor of Science in Physical Therapy from the University of Puerto Rico, San Juan. Contact his office at (217) 214-6243. ■

Programs, services and new technology featured in this issue of Personal Blessing are made possible in part by donations to Blessing Hospital and The Blessing Foundation. The Giving Society is an honor roll of those showing love through charitable giving of \$100 and above. Gifts below were received for the following services: Blessing-Rieman College of Nursing & Health Sciences Unrestricted, Beth Calabotta Metastatic Breast Cancer Fund, Blessed Beginnings, Blessing Hospice & Palliative Care, Blessing Hospice of Greene County, Blessing Hospice of Hancock County, Blessing Hospice of Pike County, Blessing Hospital, Blessing-Rieman College of Nursing & Health Sciences General Endowment, Breast Services, Cancer Center & Radiation Services, EMS Office, Heart & Vascular Center, Hospice Fundraising & Special Programs, Intensive Care Unit, Psych Services, Quincy Hospitality House, Rehabilitation Services, Surgical Services and The Blessing Foundation – Unrestricted.

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Tonya A. Newell
Annette L. Newquist
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Holly Woodruff
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George and Fran Youtzy
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Connie Ziegler
Natalie A. Zimmerman
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Foundation
Barney's Group LLC
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Bethany United Church of Christ

BH Java Patrons
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 Rees Construction Company
 Reliable Pest Solutions
 Rinella Company, Inc.
 ServPro of Quincy
 Shottenkirk Chevrolet
 St. James Lutheran School
 State Street Bar & Grill
 Stroot Heating & Air Conditioning

Sunset Home
 Titan International, Inc.
 TownSquare of Quincy/Hannibal
 Uncle Bob's Bar
 United Way of Greater Atlanta
 Wingmen V, LLC (Buffalo Wild
 Wings Bar & Grill)

*designates deceased

CONGRATULATIONS DAISY AWARD WINNERS!

Nurses leave lasting impressions

Since the last issue of Personal Blessing magazine, five Blessing Hospital nurses have joined the ranks of DAISY award winners.

A 22-year-old patient nominated Emergency Center nurse **DIANA OSBORN**. The patient was studying for a career in healthcare and said she wanted to be the kind of caregiver Diana is.

An 80-year-old patient nominated Observation Decision Unit nurse **TYLER PLANT** for the care he received after emergency gallbladder surgery, saying it was a joy to be under Tyler's care.

Intensive Care Unit nurse **PENNY MUSOLINO** received her DAISY nomination from a family thanking her for her gentle way and hugs. Penny

provided care to the father of the family at the end of his life.

The daughter of a patient nominated **BECCA RIDGWAY, RN**, Cardiovascular Unit, for turning a very scary and painful experience into a healing and caring one.

For her role in helping address pain, a patient nominated Observation Decision Unit nurse **KARI GIBSON**.

More than 1,900 healthcare providers worldwide participate in the DAISY Award program.

DAISY Award nomination forms are on the internet at blessinghealth.org/recognize. ■



Diana Osborn



Tyler Plant



Penny Musolino




Becca Ridgway



Kari Gibson

R E S I D E N T

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- + LONGEST OPERATING HOURS (6 a.m. – 10 p.m.)
- + OPEN EVERY DAY 365 days a year, 7 days a week
- + OPEN ALL HOLIDAYS
- + Over 50 years practice/provider experience
- + Local/hometown providers
- + Most insurance accepted
- + Access to a network of specialist physicians if a referral is needed

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- If needed, transfer required to nearest ED
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- No appointment needed

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