

Horizon Health honors its nurse anesthetists during CRNA Week

Horizon Health recognizes the quality work of its Certified Registered Nurse Anesthetists (CRNAs) during the 21st annual National CRNA Week, January 24-30.

National CRNA Week was established by the American Association of Nurse Anesthetists (AANA) and is recognized the last full week in January. The AANA represents nearly 57,000 CRNAs and student registered nurse anesthetists nationwide, and promotes education, practice standards, and guidelines for the profession.

CRNAs are advanced practice nurses with graduate-level education in anesthesiology. They safely administer more than 49 million anesthetics to Americans each year.



Submitted Photo

Erin Hein, certified registered nurse anesthetist (CRNA), is one of five anesthesia providers at Horizon Health. Horizon Health recognizes the quality work of its anesthesia team during National CRNA Week, January 24-30.

They are the primary providers of anesthesia in rural communities like Horizon Health.

At Horizon Health, five CRNAs provide anesthesia services to surgical patients. They are: Lovie

Cotton, APRN, CRNA; Erin Hein, APRN, CRNA; Kenneth Grigsby, APRN, CRNA, DNP; Adam Sch-

neider, APRN, CRNA, NSPM-C, DNP; and Scott Williamson, APRN, CRNA, manager of anesthesia services. The team also runs Horizon Health's Pain Management Clinic, where they use many different approaches, ranging from ultrasound to physical therapy to manage pain.

CRNA Training Site
In 2018, Horizon Health was named a clinical training site for anesthesia providers pursuing advanced education in managing acute surgical pain. Horizon Health was one of only three locations in the country to be designated as a clinical training site for the Acute Surgical Pain Management Fellowship, a nationally accredited program for experienced Certified Registered

Nurse Anesthetists through the American Academy of Nurse Anesthetists. Horizon Health was chosen because of its unique and extensive experience with peripheral nerve blocks.

In 2014, Horizon Health became a clinical site for graduate-level nursing students with specialty training in anesthesia. Through Horizon Health's direct affiliation program with Southern Illinois University-Edwardsville (SIU-E), nurse anesthetist students perform clinical rotations at the hospital as part of their education. Under the direction of the clinical instructors, the students administer anesthesia to surgery patients, as well as patients in the Pain Management Clinic.

Clinical social worker Lisa Brinkerhoff returns to senior care in Paris

Lisa Brinkerhoff, licensed clinical social worker, has returned to Paris to do what she enjoys most: helping seniors cope with life's challenges.

Lisa left Senior Care, a service of Horizon Health, in 2015 to work as a social worker in Chicago. She later returned to Paris to help care for her terminally father, and in 2020, began working again as a full-time therapist at Senior Care.

"I'm very happy to be back," she said. "I love Paris. I'm a rural country girl at heart."

Upon returning to Paris, Lisa was reunited

with Senior Care staff, including Connie Rhoads, licensed clinical social worker and Senior Care manager. Together they provide individual, group, and family counseling for older adults who are experiencing a variety of behavioral health conditions.

"We feel very lucky to get Lisa back with even more experience and exposure to different cultures," Connie said. "She relates very well to our patients."

While in Chicago, Lisa worked at a mental health agency in the Orthodox Jewish community on the city's north side where she experienced "great culture



Submitted Photo

Lisa Brinkerhoff, LCSW

and diversity."

"I wanted to expand my career options at the time," she explained. "It was a good chapter in my life, but working with the elderly is my niche. Senior Care is a better fit for me where I can help patients cope with their anxiety and depression."

Lisa has 25 years of experience as a social worker. She earned a master's degree in social work from the University of Illinois in Champaign. She has a bachelor's of science degree in family and consumer services and a minor in psychology from Eastern Illinois University.

Lisa was born in Paris. She has twin sons, Justin and Chris, and four grandchildren.

Senior Care is a voluntary behavioral health service for Medicare patients ages 65 and older, as well as Medicare disability patients. The program assists older adults with depression, grief, anxiety, loneliness, and other emotional/psychiatric conditions.

Senior Care recently relocated to the new Life Center building on the Horizon Health main campus. For more information about Senior Care, visit MyHorizonHealth.org/SeniorCare.

Winter weather travel and safety tips from the American Red Cross

Volunteers with the American Red Cross helped one individual in Marion impacted by a home fire from January 18 through today.

Red Cross volunteers with the Disaster Action Team provided financial assistance and information about recovery planning to the resident impacted by the incident.

Home fires claim more lives than all natural disasters combined every year. As the weather gets colder, we see an increase in home fires. A fire can take a home in as little as two minutes. There-

fore, escaping in less than two minutes can be the difference between survival and tragedy. The Red Cross encourages everyone to talk to their children about fire safety to help families stay safe. We want to ensure families and children are prepared.

Two steps to prevent fire tragedies: To help protect your family year-round, test your smoke alarms monthly and practice your home fire escape plan until everyone can escape in less than two minutes.

For free home fire safety resources, including an es-

cape plan, visit redcross.org/fire or download the free Red Cross Emergency App. In addition, the free Monster Guard app teaches children how to prepare for emergencies by playing an engaging game. Download the apps by searching "American Red Cross" in app stores or going to redcross.org/apps.

If you need assistance after a home fire or disaster, please call our dispatch line: 1-844-319-6560.

Winter Weather Safety Tips

Beginning today, snow, freezing rain and windy conditions will be impacting our region. Here are some winter weather safety tips from the Red Cross:

Winter Travel Safety

Stay off the road if possible, during severe weather. If you must drive in winter weather, follow these tips:

- * Give your full attention to the road.
- * Don't follow other vehicles too closely. Sudden stops are difficult on snowy roadways.
- * Don't use cruise control when driving in winter weather.
- * Don't pass snow plows.
- * Ramps, bridges and overpasses freeze before roadways.
- * If you become stranded, stay in the vehicle and wait to help. Do not leave

the vehicle to search for assistance unless help is visible within 100 yards (91 meters). You can quickly become disoriented and confused in blowing snow.

* Display a trouble sign to indicate you need help. Hang a brightly colored cloth (preferably red) on the vehicle.

* Run the engine occasionally to keep warm. Turn on the engine for about 10 minutes each hour (or five minutes every half hour). Running the engine for only short periods reduces the risk of carbon monoxide poisoning and conserves fuel. Use the heater while the engine is running. Keep the exhaust pipe clear of snow, and slightly open a downwind window for ventilation.

* Leave the overhead light on when the engine is running so that you can be seen. Stay safe outside!

* Wear layers of clothing, a hat, mittens and waterproof, insulated boots.

* When shoveling snow, do a few stretching exercises to warm up your body. This will reduce your chances of muscle injury.

* Avoid overexertion, such as shoveling heavy snow, pushing a vehicle, or walking in deep snow. The strain from the cold and the hard labor may cause a heart attack. Sweating could lead to a chill and hypothermia.

* Check on your neighbors, especially elderly people living alone, people with disabilities and children.

* Bring pets indoors. If they can't come inside, make sure they have enough shelter to keep them warm and that they can get to unfrozen water.

* Watch for hypothermia and frostbite. Hypothermia symptoms include confusion, dizziness, exhaustion and severe shivering. Frostbite symptoms include numbness, flushed gray, white, blue or yellow skin discoloration or waxy feeling skin.

* Download Apps. People can download the Red Cross Free Bilingual Emergency App (English/Spanish) for instant access to weather alerts for their area and where loved ones live. Expert medical guidance and a hospital locator are included in the First Aid App in case travelers encounter any mishaps. Both apps are available to download for free in app stores or at redcross.org/apps.

About the American Red Cross of Illinois

The American Red Cross of Illinois serves 12.4 million people in 88 counties in Illinois, Iowa and Missouri including Adams, Bond, Boone, Brown, Bureau, Carroll, Cass, Champaign, Christian, Clark, Clay, Clinton, Cook, Coles, Craw-

ford, Cumberland, DeKalb, De Witt, Douglas, DuPage, Edgar, Effingham, Fayette, Ford, Franklin, Fulton, Green, Grundy, Hamilton, Hancock, Henderson, Henry, Iroquois, Jasper, Jefferson, Kane, Kankakee, Kendall, Knox, LaSalle, Lake, Lee, Livingston, Logan, Macon, Macoupin, Marion, Marshall, Mason, McDonough, McHenry, McLean, Menard, Mercer, Montgomery, Morgan, Moultrie, Ogle, Peoria, Perry, Piatt, Pike, Putnam, Richland, Rock Island, Sangamon, Schuyler, Scott, Shelby, Stark, Stephenson, Tazewell, Vermillion, Warren, Washington, Whiteside, Will, Williamson Winnebago, Woodford. Iowa: Lee, Muscatine, Scott and Van Buren. Missouri: Clark, Lewis, Marion and Ralls. The American Red Cross shelters, feeds and provides emotional support to victims of disasters; supplies about 40 percent of the nation's blood; teaches skills that save lives; provides international humanitarian aid; and supports military members and their families. The Red Cross is a not-for-profit organization that depends on volunteers and the generosity of the American public to perform its mission. For more information, please visit us at Redcross.org/Illinois or visit us on Twitter @RedCrossIL.

NEW SHIPMENT OF COOLER ITEMS AT

PRAIRIE VIEW DISCOUNT

Roast Beef • Seasoned Turkey Breast

• Sliced Roast Beef • Sliced Turkey Breast • Cold Brew Coffee • Cheese Cups

• Shredded Potatoes • Yogurt & More

While Supplies Last

STORE HOURS:

Tues.-Fri. 7:30-5:00 • Sat. 7:30-Noon • Closed Sun.Mon.

2 miles south and 3/4 miles west of Arthur
(just west of the Great Pumpkin Patch)



Family Practice Physician Kimberly Whitaker, MD, and the medical team at SBL Tuscola Clinic, are people you can count on for medical expertise and compassionate care.



Sarah Bush Lincoln

Trusted Compassionate Care

Welcoming new patients to our practice.

Sarah Bush Lincoln Tuscola Clinic
1100 Tuscola Blvd.
217-253-2020
www.sarahbush.org





Thai Noodle & Sushi



Hunan Fine Asian Cuisine



Villa Pizza



Luigi's Italian Restaurant



Little Mexico