

WINTER

Continued from 1

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 run-

ning. 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, Clin-

ton, Cook, Coles, Crawford, 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.

Carle among top 1 percent of U.S. hospitals for clinical outcomes

Carle Foundation Hospital named one of Healthgrades 2021 America's 50 Best Hospitals for 6th year in a row

Carle today announced that it has achieved the Healthgrades 2021 America's 50 Best Hospitals Award™. Carle Foundation Hospital is among the top one percent of nearly 4,500 hospitals assessed nationwide for superior clinical performance year-over-year according to Healthgrades, the leading resource that connects consumers, physicians and health systems. Carle Foundation Hospital has received the America's 50 Best Hospitals Award for six consecutive years (2016-2021).

"We're proud to not only be a regional leader, but also a national leader in healthcare," Robert Healy, MD, chief Quality officer said. "This achievement is a wonderful way of recognizing sustained performance and excellent outcomes for our patients year over year."

Carle Hospital was also recognized with the following achievements in 2021:

* One of America's 100 Best Hospitals for Cardiac

Care for 5 years in a row (2017-2021)

* One of America's 100 Best Hospitals for Gastrointestinal Care for 3 years in a row (2019-2021)

* One of America's 100 Best Hospitals for Critical Care for 3 years in a row (2019-2021)

* One of America's 100 Best Hospitals for Pulmonary Care in 2021

* One of America's 100 Best Hospitals for Stroke Care in 2021

* Coronary Intervention Excellence Award in 2021

* Neurosciences Excellence Award for 3 years in a row (2019-2021)

"COVID-19 has profoundly changed the delivery of healthcare but what is unchanged is the importance of high-quality care. Those hospitals that achieved the America's 50 Best Hospitals Award have exhibited a long-standing commitment to quality and superior clinical outcomes, which differentiates them from other healthcare organizations. We ap-

plaud their ongoing efforts," Brad Bowman, MD, Chief Medical Officer, Healthgrades, said.

From 2017 through 2019, if all hospitals performed similarly to those achieving Healthgrades America's 50 Best Hospitals Award, 177,026 lives could potentially have been saved. For example, patients treated for community acquired pneumonia at a hospital that achieved the award had, on average, a 35.9 percent lower risk of dying during their hospital stay than if treated at a hospital that did not receive the award.*

During that same time frame, patients treated in hospitals achieving the award had, on average, a 25.7 percent lower risk of dying than if they were treated in hospitals that did not receive the award, as measured across 19 rated conditions and procedures for which mortality is the outcome.*

Carle's efforts led to its recognition as one of the America's Best hospitals.

Carle is one of four hospitals in Illinois and the only hospital outside the Chicago metro area to receive the Healthgrades America's 50 Best Hospitals distinction. **Carle Foundation Hospital is the only hospital outside the Chicago metro area to be one of America's best hospitals in:**

- * Cardiac Care
- * Critical Care
- * Stroke Care

Carle is only hospital in Illinois to receive the America's 100 Best Hospitals in Cardiac Care, Critical Care, Stroke Care and Gastrointestinal Care Awards in 2021.

"Our team is what makes these awards a reality for Carle," Elizabeth Angelo, senior vice president, Chief Nursing Officer, said. "Without their hard work, commitment to excellence and dedication to our patients' outcomes we wouldn't be where we are at today. Their skill and compassion make us successful."

Healthgrades America's 50 Best Hospitals Award re-

ipients are recognized for overall clinical excellence and providing top-quality care across multiple specialty lines and areas. During the 2021 study period (Medicare Fiscal Years 2017-2019), these hospitals showed superior performance in clinical outcomes for patients in the Medicare population across at least 21 of 32 most common inpatient conditions and procedures — as measured by objective performance data (risk-adjusted mortality and in-hospital complications).

To learn more about how Healthgrades determines award recipients, and for more information on Healthgrades Quality Solutions, please visit www.healthgrades.com/quality.

About Carle Health

Based in Urbana, IL, The Carle Foundation is vertically integrated with more than 9,500 employees in its hospitals, a multi-specialty physician group, health plans and associated healthcare businesses including the Carle

Illinois College of Medicine, the world's first engineering-based medical school. Carle is proud to be named a Great Place to Work. Carle Foundation Hospital ranks as one of America's 50 Best Hospitals by Healthgrades and for more than 10 years has held Magnet designation, the nation's highest honor for nursing care. The 433-bed Carle Foundation Hospital is a Level I Trauma Center and offers Level III perinatal services, Carle BroMenn Medical Center with 221 beds in Bloomington-Normal and nearby 25-bed critical access Eureka Hospital, the 104-bed Carle Richland Memorial Hospital the 24-bed critical access Carle Hoopston Regional Health Center and a multi-specialty physician group with more than 1,000 doctors and advanced practice providers.

*Statistics are based on Healthgrades analysis of MedPAR data for years 2017 through 2019 and represent 3-year estimates for Medicare patients only.

EIU virtually celebrating African-American Heritage Month in February

Eastern Illinois University invites community members to join students, staff and faculty in celebrating African-American Heritage Month this February.

According to the African-American Heritage Month committee, EIU will offer a variety of cultural and educational events intended to celebrate black lives by honoring the men, women, families and communities that support and sustain black excellence. Events will center around a principal theme of "We the People: Redefining Black History," and include an assortment of virtual programs and activities that

highlight black contributions and applaud the most fundamental elements of blackness in American and global culture.

Yolanda Williams, academic advisor and member of EIU's African-American Heritage Month planning committee, encourages everyone in the broader EIU community to explore and attend some or all of the university's online African-American Heritage Month offerings.

"This year's AAHM theme of We The People: Redefining Black History speaks to people of the African Diaspora not only being an intricate thread in the fabric of America,

but also speaks to the fact that Black/African/African-American people are and have always been a huge part of the democratic process," Williams said. "[And with] their participation in this process comes a redefining of what Black History and Black Excellence looks like in this world."

African-American Heritage Month events at EIU kicked off earlier this week, and included an open forum discussion about systematic oppression, racism, the Black Lives Matter movement, safety, and breaking socio-cultural color barriers. **Remaining events in this month's African-American Heri-**

tage Month at EIU will include:

* Thursday February 18, 2021

* African Drumming at 1:30 p.m.

* Presented by EIU's Africa West percussion ensemble, and the Jefferson Elementary School World Drumming Club. Learn about a variety of African drumming from Jamie Ryan/Africa West, Eric Mueller, Frank Gyimah, and Hope Situembeko

* Coloring the Path: Grad School Edition at 7 p.m.

* Presented by Black Graduate Student Association (BGSA). This event will be a conversation

about the importance of Graduate School, why it is important, how to navigate the application process and voices from some EIU current Grad students.

* Tuesday, February 23, 2021

* Cultural Stereotypes: Perceptions or Reality? from 2:30 to 3:30 p.m.

* What do you think about when you hear 'cultural stereotypes?' How do we understand the complexities of cultures and generalizations? Come listen to our international students discussing the patterns of cultures to which they belong. Moderated by Lutete Carlos.

* Saturday February

27, 2021

* Image Awards: Success Is the New Black at 6 p.m.; presented by EIU's NAACP

For more information and links to EIU's African-American Heritage Month virtual events, visit EIU's Office of Inclusion and Academic Engagement on the web at www.eiu.edu/oiael. For more information about EIU, or to learn more about its growing assortment of programs and services, visit the university's website at www.eiu.edu, or call EIU's public information office at (217) 581-7400.

LyondellBasell recognized as one of the 'World's Most Admired Companies' again for year 2021

The results are in: LyondellBasell, the operator of the Tuscola Plant has been named to Fortune Magazine's 2021 list of the "World's Most Admired Companies" for the fourth straight year. The list recognizes organizations like LyondellBasell which have a strong reputation across a variety of industry sectors.

"This honor is truly a testament to the dedication and effort of our employees," said Aaron McKee, site manager. "2020 was a year like no other, but our teams remained resilient. We adapted and continued to deliver on our commitments to our customers and community."

LyondellBasell employees around the world overcame a challenging 2020 to advance many important company initiatives, including:

* produced and marketed two million metric tons of recycled and renewable-based polymers annually by 2030;

* acquired already operating, world-scale assets through the formation of two 50:50 joint ventures in China and Louisiana with both accretive to earnings in the

fourth quarter

* expanded circular polymers joint venture capacity in mechanical recycling by 20 kilotons in Belgium

* joined the United Nations (U.N.) Global Compact, the world's largest corporate sustainability initiative;

* received the American Chemistry Council's (ACC) highest distinction, the Responsible Care® Company of the Year Award; and

* executed a clear and straightforward strategy to increase free cash flow, moderate our capital expenditures, and remain true to our strategy of capturing value and delivering resilient results at all points in the cycle.

According to Korn Ferry, who administers the survey for Fortune Magazine, the "World's Most Admired Companies" study surveys top executives and directors from eligible companies, along with financial analysts, to evaluate companies in the categories of:

- * Innovation
- * People Management
- * Use of Corporate Assets
- * Social Responsibility

- * Quality of Management
- * Financial Soundness
- * Long-Term Investment Value
- * Quality of Products / Services
- * Global Competitiveness

About LyondellBasell's Tuscola Plant

The Tuscola plant employs around 100 people and occupies nearly 900 acres. The site produces ethyl alcohol, diethyl ether and specialty polymers. Ethyl alcohol, or ethanol, is used in many health care and personal product applications such as hair spray, capsule manufacturing, hand sanitizer, and pharmaceutical cleaning. Diethyl ether finds applications as a laboratory reagent solution, usage in chemical synthesis, as an ammunition drier, and starter fluid. The specialty polymers produced here include microfine powders used as additives in personal care products, lubricants, binding agents, water filtration systems, and moisture barriers.

About LyondellBasell LyondellBasell (NYSE:

LYB) is one of the largest plastics, chemicals and refining companies in the world. Driven by its employees around the globe, LyondellBasell produces materials and products that are key to advancing solutions to modern challenges like enhancing food safety through lightweight and flexible packaging, protecting the purity of water supplies through stronger and more versatile pipes, improving the safety, comfort and fuel efficiency of many of the cars and trucks on the road, and ensuring the safe and effective functionality in electronics and appliances. LyondellBasell sells products into more than 100 countries and is the world's largest producer of polypropylene compounds and the largest licensor of polyolefin technologies. In 2021, LyondellBasell was named to Fortune Magazine's list of the "World's Most Admired Companies" for the fourth consecutive year. More information about LyondellBasell can be found at www.lyondellbasell.com.

Horizon Health hosts free virtual Women's Heart Event on Feb. 24

Horizon Health will host its annual women's healthy heart event in February, but with a twist.

This year's event, called "What's on Your Heart," will take place Wednesday, February 24, from noon to 1 p.m., via Zoom in observance of American Heart Month.

"This event is extremely popular and we didn't want to cancel it entirely due to COVID-19," said Christina Hoffman, event coordinator. "While we won't have a luncheon this year, it will still be a fun, light-hearted event that will offer great information and conversation."

The free event will feature a panel of healthcare experts from Horizon Health. They will discuss coping strategies for COVID-19 and other life challenges. Participants can submit their questions during online registration. Their names will be kept confidential during

the discussion.

"Like the title says, we basically want to know 'What's on Your Heart' — what's been bugging you," Christina said.

The expert panel will consist of:

Danielle Ireland, psychiatric-mental health nurse practitioner

Samantha Volstorff, psychiatric-mental health nurse practitioner

Connie Rhoads, licensed clinical social worker and Senior Care manager

Terra Ogle, licensed clinical social worker

Register for the event at MyHorizonHealth.org/Heart by Friday, February 19, at 5 p.m. Those who register will receive a free gift. For more information, contact Christina Hoffman at 217-466-4294 or CHoffman@myhorizonhealth.org.