

Sarah Bush Lincoln welcomes Endocrinologist Sathya Subbiah, MD

Endocrinologist Sathya Subbiah has come to know her patients more like good friends and extended family members.

"I like to understand them as a person. I like to know their family background, where they work, and what they like to do. Long-time patients will bring in photos of their kids or new grandkids to show me. This brings us closer to each other and makes tackling health problems much easier," Dr. Subbiah said.

Endocrinologist Sathya Subbiah, MD, is now seeing patients at the Family Medical Center in Mattoon. Endocrinology involves the endocrine system, its diseases,

and its specific secretions known as hormones. Common medical problems that endocrinologists treat include diabetes, hyperthyroidism, hypothyroidism, parathyroid, adrenal, and pituitary disorders. Dr. Subbiah prefers to get to know as much about patients as possible to allow her to make treatment plans that work best.

Dr. Subbiah grew up in south India and moved to the United States after she met her husband, who is a cardiologist in Champaign. Having parents that worked in the medical field influenced her decision to pursue medicine. Her mother was a professor in anatomy and completed research in pituitary gland. Her father was a surgeon who performed reconstructive surgeries for patients with leprosy and other diseases.



"My father was also an Indian army captain, where he met a lot of tribal people who had never seen a doctor

before. Those stories were very inspiring and led me to medicine," Dr. Subbiah said.

In 1990, Dr. Subbiah attended medical school at Madurai Medical College in India. After graduation, she completed an internal medicine residency at the University of Illinois Urbana-Champaign. She then worked at the Carle Clinic in internal medicine before taking a two-year endocrinology fellowship at the University of Illinois-Chicago. Upon completion of the fellowship, Dr. Subbiah worked as an endocrinologist at Christie Clinic for 15 years.

The biggest health issue in endocrinology today is type 1 and type 2 diabetes.

"Health physicals usually include testing for diabetes, so it should not be missed," Dr. Subbiah said. "There is a greater awareness today with diabetes prevention and treatment, which makes me happy.

Management of diabetes is evolving rapidly. We now have continuous glucose monitoring devices, medications especially for type 2 diabetes which promote weight loss and reduce diabetic complications like eye and kidney disease."

Dr. Subbiah has been familiar with Sarah Bush Lincoln for many years from her practice in Champaign. Many of her patients also received care at Sarah Bush Lincoln.

These patients always had wonderful comments about SBL. "When I decided to move, it was a natural decision to come here," Dr. Subbiah said.

Dr. Subbiah loves take long walks every day and play tennis with her son and daughter twice a week. She even takes lessons so she can keep up with her children's skill level.

"Whatever I suggest to patients, I do for myself as well," Dr. Subbiah said of her active lifestyle.

To schedule an appointment with Dr. Subbiah, call the SBL Family Medical Center at 217-234-7000. It is located at 200 Richmond Ave East in Mattoon.

Rosecrance Central Illinois to mark Mental Health Awareness Month in May

A year of pandemic life has taken its toll on people's mental health, as studies over the past year have shown rates of anxiety and depression have soared among adults and children alike. That is why Rosecrance Central Illinois recognizes Mental Health Awareness Month each May and encourages supporters to join in fighting this deadly disease.

Nationally, the Centers for Disease Control and Prevention recently reported that 35 percent of adults were experiencing symptoms of anxiety or depression. Though down from a late-2020 peak that topped 41 percent, that is more than three times the number of Americans who noted these mental health

conditions in 2019.

"Anxiety, depression, and other mental health issues are much more common than we realize, but we still struggle to talk about them as much as we should," said Rosecrance Central Illinois Executive Director Joey King. "This month is an excellent opportunity to have conversations, educate our-

selves, and support others to reduce the stigma of mental health disorders."

If you or someone you know might need help, please contact Rosecrance's caring Access counselors at 888-928-5278.

To speak with a Rosecrance Central Illinois expert about Mental Health Awareness Month, please contact:

Matt Hawkins at Rosecrance Health Network by calling 815-387-5634 (office) or emailing mhawkins@rosecrance.org.

About Rosecrance
Rosecrance is a national leader in addiction and mental health treatment. The non-profit organization provides residential and outpatient services and recovery

living settings in Illinois, Wisconsin and Iowa. Rosecrance serves nearly 50,000 individuals at 60 locations, furthering its mission to provide help, hope and lasting recovery to children, youth, adults and families. The organization was founded in 1916. For more information visit rosecrance.org or call us at (815) 391-1000.

Illinois Farm Bureau and Illinois Press Association collaborating to help provide agriculture news to over 400 Illinois newspapers

Illinois Farm Bureau and the Illinois Press Association today announce they are combining their communications resources to form a news service to deliver more news about the farming and food sector to the more than 400 Illinois Press Association member newspapers.

The two organizations have collaborated on content that has been distributed through the Illinois Press Association in the past. This announcement makes that collaboration more formal and robust, Illinois Press Foundation Director Jeff Rogers said.

"I know that many newspapers find coverage of agriculture increasingly difficult, because of the lack of resources and expertise," Rogers said. "Because the farming and food sector is so vital to Illinois' economy and the communities served by our member newspapers, I'm thrilled that Illinois Farm Bureau and the Illinois Press Association are teaming up to help make that coverage easier and more accessible."

Rogers said stories will be sent via email to Illinois editors and publishers, in much the same way that Capitol News Illinois

content is distributed. Rogers also is editor of CNI, a state government coverage news service operated by the Illinois Press Foundation with financial support from the Robert R. McCormick Foundation.

Some stories will be collaborative efforts between reporters from both organizations. But there will also be content shared that is generated independently by Illinois Farm Bureau journalists or the Illinois Press Association's communications team.

"The idea is to provide more, and better ag coverage," Rogers said. He said

there also will be opportunities for collaborative reporting with journalists from IPA member newspapers.

Chris Magnuson, executive director of Illinois Farm Bureau's News and Communication division, said there will be more opportunities to help local reporters connect with IFB personnel and farmers in their coverage area.

"Illinois Farm Bureau will be eager to put your reporters in contact with county Farm Bureau managers, agribusiness experts and local farmers to help you localize our stories," Magnuson said.

Rogers said content will begin being distributed by the collaborative soon. He encourages editors to contact him to request specific stories or coverage. You may also email DeAnne Bloomberg, director of issues management at Illinois Farm Bureau at DBloomberg@ilfb.org with any questions or story ideas.

The Illinois Farm Bureau is a member of the American Farm Bureau Federation, a national organization of farmers and ranchers. Founded in 1916, IFB is a non-profit, membership organization directed by farmers who join through their county Farm Bureau. IFB has a total membership of more than 378,237 and a voting membership of 77,909. IFB represents three out of four Illinois farmers.

The IPA was founded in 1865 as an organization for Illinois publishers. It has evolved into one of the largest state newspaper associations in the country representing more than 400 daily and weekly newspapers.

Horizon Health announces Grief Support Group during COVID-19

Horizon Health is offering a grief support group for people who have lost a loved one during the COVID-19 pandemic.

The group will meet Mondays, May 10 to June 28, from 2 to 3:30 p.m. All eight sessions will take place at Senior Care, located in the Life Center building at 745 E. Court Street on the Horizon Health campus.

The group will be led by a team of social workers. They include Connie Rhoads, LCSW, Senior Care manager; Lisa Brinkerhoff, LCSW, Senior Care therapist; and Abby Barrett, MSW, LSW, social services coordinator at Horizon Health.

"COVID has caused tremendous mental stress, especially among those who have suffered the loss of a loved one," Rhoads said. "If you lost someone during the pandemic due to

COVID-19 or even something other than COVID, then this support group is for you."

The support group is available to adults age 18 and older. All discussions are kept confidential. In accordance with COVID guidelines, the group can only accommodate a limited number of participants at this time. Registration is required. Call 217-466-4170.

Memorial Day breakfast and services to be held in Atwood on May 31, 2021

By Doris Elmore

The Men's Fellowship of the United Church of Atwood, 210 N. Main St., will host a Memorial Day breakfast on Monday, May 31, from 8:30 to 10 a.m. in the church fellowship hall. The breakfast is open to the public and the cost is by donation. Proceeds will be given to the Atwood American Legion Post #770.

The menu consists of biscuits & gravy, scrambled eggs, cinnamon rolls, coffee, juice & milk.

The Atwood American Legion James Reeder Post #770 will hold their annual Memorial Day Services at 10:30 a.m. at Mackville Cemetery, west of Atwood. Some chairs will be provided, but persons are invited to bring their lawn chairs.

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