YOUR CHOICE FOR HEALTHCARE IN CENTRAL ILLINOIS

GIBSON AREA HOSPITAL & HEALTH SERVICES QUARTERLY NEWSLETTER

PBL MOCK PROM CRASH **6-7** 

GIBSY AWARDS RED CARPET EVENT **10-11** 

JULIE TINSMAN RECOGNIZED AS HERO IN LONG TERM CARE **19** 

















## A MODEL OF EXCELLENCE IN HEALTHCARE



DOCTOR AUSTMAN
RECEIVES ILLINOIS
RURAL HEALTH
PHYSICIAN OF
EXCELLENCE AWARD 20

HOOPESTON CLINIC WELCOMES TWO NEW DOCTORS **27** 























# Annual School Tours \_\_\_ Bring in Over 700 Visitors

A sea of orange as students get ready to begin their tour.





Students from Gilman Elementary pose for a quick picture after visiting the Dietary Department.

n 1987, a tradition of providing tours of Gibson Area Hospital (GAH) to members of the community was started. While the tradition still continues today, it is on a much larger scale. This year, over 700 area grade school students, teachers and parents visited the hospital.

"What is great about these tours is they provide children with an opportunity to view the hospital in a fun atmosphere and not as a patient" said Benjie Pardick, GAHHS Human Resources Assistant and Tour Coordinator. "They are able to have fun, ask questions and get a view of the daily operations and the different departments of the hospital."

Students from Gilman Elementary, Little Achievers Academy, Clara Petersen, Chatsworth Elementary, Busy Hands Preschool, GCMS Early Childhood Special ED, GCMS, Westview, Prairie Baptist Home Educators, First School, St. John's Lutheran School, Tri-Point Upper Elementary, Meadowbrook Elementary and Fisher Grade School were able to view 10 different departments of the hospital including the Long Term Care Annex, Radiology, Dietary, and Materials. After leaving each department, the children were able to take a souvenir.



Students from Westville look at the thousands of items in the Materials Department.

To view more pictures from the tours or to the view the letters the children sent us after their visits, Like us on facebook at <a href="http://www.facebook.com/GAHHS">http://www.facebook.com/GAHHS</a>.

If you would like to schedule a tour for you class next April please contact Tour Coordinator Benjie Pardick at 217-784-2221 or by email at benjie\_pardick@gibsonhospital.org. ■

# Groundbreaking Marks Another Milestone for GAHHS



Pictured From Left to Right:

GAH Board of Directors Secretary Ellen Lee, Foundation Chairperson Jeff Austman, Foundation First Vice Chairperson Scott Reynolds, GAHHS CNO/COO Robin Rose, GAHHS CEO Rob Schmitt, President of Medical Staff Katherine Austman, M.D., GAH Board of Directors Treasurer Tracy Epps, GAHHS CFO John Jacobson, GAH Board of Directors Vice President Margo Martin, Paxton Mayor Bill Ingold, Annex Administrator Karen Christensen, GAH Board of Directors President Jim Hood, Auxiliary Co-Presidents Bonnie Schutte and Kathy Eagleson, Gibson City Mayor Dan Dickey, and GAHHS CCO Mike Meunier

he groundbreaking on Tuesday, May 29, 2012 marked another milestone for Gibson Area Hospital & Health Service (GAHHS). Five months after it was announced that GAHHS would be expanding again, the Hospital Board approved the final building plans for Project 2012, which will greatly expand the OB and Surgical units.

According to Rob Schmitt, CEO of GAHHS, "This ground breaking is a new start of the next phase of hospital growth. This new space will enhance our abilities to provide great maternity care for our patients, as well as increase our surgical capacity to provide more surgical services at GAHHS."

Project 2012, a \$6 million venture, is scheduled to be complete around the end of September 2013 and will give GAH a new state-of-the-art OB unit, 60% larger than the current OB unit. With the increased size, the new OB unit will have 5 private Labor, Delivery, Recovery and Postpartum (LDRP) rooms with top of the line amenities. These new LDPR rooms will allow expectant mothers to remain in the same room during their entire hospital stay.

In addition to the new OB unit, Project 2012 will also increase the size of the current surgical unit by about 6,000 square feet. This added space will allow for an additional surgery suite and six new private inpatient rooms.

"Another great benefit of this project will be patient privacy. At the completion of this project, GAHHS will have all private rooms for all inpatients. Nobody will have to share a room anymore, which greatly enhances patient privacy and satisfaction, explained Rob."

Project 2012 will also create new jobs. There will be 50 to 100 construction jobs during the construction phase.

"We are working with our contractor to utilize as many local subcontractors as possible," said Rob. "After the construction is completed we expect to hire between 15 and 20 new employees." GAHHS is the largest employer in Ford County, currently employing over 500 employees. ■

# From Gibson City \_\_\_\_\_to Joplin, Missouri



Front row (left to right): Tim Wetherell, Terry Overman, Gary Lutterbie and Gene Everett.

Back row (left to right): GCMS Seniors Robert Braitling and Christian Peters

If you have been around the hospital or the Paxton Clinic lately, you may have noticed the Overman Construction signs. What you may not know is that from March 28th through March 31st Overman Construction, the Junior Rotary Club and the GCMS Seniors traveled to Joplin, Missouri to help those in need.

What began as a Senior Trip for the GCMS students turned into something more with the help of Terry Overman and his crew.

"I've always had a lot of respect for the people who helped rebuild New Orleans after Katrina, but I was never able to go myself," said Overman. "So after it was suggested to Ms. Riley to bring skilled people along to help with projects beyond paint, I jumped at the chance to help out."

When they arrived in Joplin it looked like something out of a movie recalled Overman.

"When we got there, the whole area just looked bare. No houses. No trees. The high school was a big pile of rubble," said Overman. "The only thing remaining was a few foundations and newly installed electrical poles.

With only two days before they would return home, everyone began working with an fervent pace. Terry and his group began

working on a house in which the top story was removed during the tornado. By the end of the trip, they were able to finish repairing the exterior of his home, which would allow others to finish in time for a May 1st move-in date.

Overman said the thing he'll remember most is how appreciative the people of Joplin were.

"On that Friday after we finished working, we all went out to eat

pizza as a group. While we were eating we met a young couple with their two girls. After they told us their story and how they lost their home, they donated \$100 towards our meals to thank us for everything," said Overman. "For a family to thank us that way, after they had lost their home, now that is something I will remember for the rest of my life."





## **GAHHS Auxiliary Spring Banquet**



2012 Gibson Area Hospital Auxiliary Scholarship Recipients, from left to right, Billy Masco, Logan Elliott, Noel Livingston, Shannon Teubel, Collin Steidinger.

n April 16th the Gibson Area Hospital & Health Services (GAHHS) Auxiliary held their Annual Spring Banquet. The event, held at the First Presbyterian Church in Gibson City, was a wonderful night of friendship and celebrations. It was during the banquet that Co-President Bonnie Schutte announced that the Love Lights a Tree campaign raised \$12,840, exceeding the Auxiliary's goal by \$2,840.

"I would like to thank everyone here who donated their time this year and I would also like to thank everyone in our communities who donated to the campaign," said Schutte. "With these extra funds, not only were we able to purchase a new elliptical exercise machine for the Cardio Rehab Department, but we have also ordered 3 new custom treatment chairs for the Outpatient Clinic. It is truly wonderful to see how much our communities care about and support our wonderful hospital."

While the night started out on a great note, the excitement would only continue to increase as five Auxiliary Health Care Career Scholarships were awarded. These scholarships are awarded each year to deserving area students who are pursuing careers in the health care industry.

The William and Viola Garrett Scholarship was presented to Noel Livingston, daughter of Ruth Neal. Noel currently works at the GAH Annex as a CNA and has already completed one year at Parkland College in the Nursing Program. At Parkland, she belongs to the Student Nurse Association and has been on the Parkland Honors list for the two semesters she has attended.

Billy Masco of Loda was presented with the Arthur and Ane Jensen Noland Family Scholarship. He is currently a senior at PBL and has earned dual credits with Parkland College. Billy will attend Wesleyan University in the fall to obtain his Bachelor's Degree in Nursing.

Shannon Teubel, daughter of John and Lavonne Teubel of Forrest, was presented the Dr. Medrano Scholarship. Shannon, a senior at Prairie Central High School, plans to attend Parkland College in the fall to get her Associate's in Nursing.

This year's two Auxiliary Scholarships were presented to Collin Steidinger and Logan Elliott. Collin is the son of Ryan and Lori Steidinger of Fairbury. He currently works as a CNA on the MedSurg Floor at GAH and is in his first year at Heartland College. Collin will graduate from Heartland in 2014 with his Associate's in Nursing. Logan, a senior at Blue Ridge High School, is the son of Timothy and Tami Elliot of Mansfield. Logan will be attending Illinois State University in the fall to pursue a Bachelor's Degree in Nursing.

The night ended with a magnificent performance by Prairie City. This uniquely wonderful band played beautiful songs such as Norwegian Wood, Wayfaring Stranger, and many more crossing all genres of music while adding their own touches.



Prairie City Music

## **PBL Mock Prom Crash**



Thank you to Buckley Ambulance Service, Gibson Area Ambulance Service, Gibson Area Hospital, Jones Autobody and Towing, G&D Recycling of Loda, Paxton Police Dept., Ford County Sheriff, Airlife, Loda Fire, Paxton Fire, Paxton ERS, Baier Funeral Home, Ford County Coroner, the staff and students from PBL and everyone else who made this possible.

onsider this your second chance," shouted Ford County Deputy Coroner Laurie Blanchard, as she addressed the silent PBL student body. "It is my job to pronounce you dead and to tell your parents as they run to your room in disbelief. Once you are not in your bed reality sets in and they lose it."

While the message is sobering, the images that they just witnessed begin to set in, this can happen. The images are of a mock crash involving two cars, four students and drinking and driving just before prom. PBL High School student Sara Kennedy relentlessly screams as she fruitlessly tries to open her driver's side door after



being t-boned by another PBL High School student Jimmy Quinn. Soon, Sara's screams turn into hysteria as she realizes that Jimmy's passenger and her friend, Meg Anderson, who is lying lifeless on the hood of his car after being thrown through the windshield is probably dead. As chaos and confusion ensues, Sara's cries for help are soon drowned out by screeching sirens as multiple area first responders begin to arrive.

As they arrive and assess the situation, firefighters begin using the Jaws of Life to free Sara's passenger, fellow PBL High School student Ian Lee, from the mangled wreckage. As his life hangs in the balance, Airlife Air Ambulance can be seen in the distance as they approach to transport Ian to a hospital.

As the reality of Sara's decision to drink and drive sets in, police officers arrive on scene and have her perform a field-sobriety test. Sara stumbles as she tries to walk a straight line and is soon given a breathalyzer test. After failing both tests, Sara is handcuffed and read her rights. As they begin to lead her away, Meg is being loaded into a hearse, while Jimmy has finally been extracted from his car and is being loaded onto a stretcher headed for an ambulance.

Robin Stadeli, GAHHS Paramedic and Mock Crash Coordinator, hopes this has a lasting effect on the students.





"Prom is an exciting time of the year for these students and we hope that we are able to plant the seed of prevention and responsibility," said Robin. "No matter how small it may be, I hope it continues to grow and stays with these students for the rest of their lives."

While it has been five years since the last mock crash, Robin hopes to continue this exercise every year.

"Our plans are to continue to do this every year at different area schools so that as many different students as possible have an opportunity to learn from this and get their second chance before it is too late."

For more pictures or to watch a video of the mock crash visit our Media Gallery at <a href="https://www.gibsonhospital.org/media-gallery/">www.gibsonhospital.org/media-gallery/</a>















## Cookout for CAPS

fter last year's fundraising cookout for Alex Faulkner was such a great success that Director of Ambulance, Facility Safety & Emergency Management Joe Higgins and EMS Operations Coordinator Adam Elder decided to make it an annual fundraiser. This year Gibson Area Ambulance Service (GAAS) decided to "Cookout for CAPS" (Community Afterschool Program).

The Cookout was held during National EMS Week on Friday May 25th at the Gibson City Ambulance Station. GAAS personnel provided a pork chop sandwich or hamburger with chips and a drink for only \$5, with 100% of the proceeds going



**CAPS Kids** 



A Packed House

to CAPS. While customers dined in the ambulance bay, they were entertained with a presentation about GAAS and its personnel.

"I am very thankful to everyone who supported us," said Elder. "We sold close to 300 meals and were able to raise \$1,490 for CAPS. This money will go towards the purchase of new computers for them that will help the children complete their homework."

CAPS is a non-profit organization that provides afterschool care at the GCMS elementary school. CAPS provides a safe and structured environment for children in kindergarten through fifth grade to attend Monday through Friday from 3:10 p.m. to 6:00 p.m. Some of the activities that CAPS offers are structured homework time, play time, arts and crafts, reading time, and snack time.



Gibson Area Hospital and Health Services of Gibson City, IL presents to you this mobile app. Use this app as an information resource to find and get GPS directions to local clinics, search physicians, preregister for the emergency room and much more!



#### Gibson Hospital App

















## GAHHS Welcomes In-House Council Jessica Delost

rowing up as the daughter of a Gibson City doctor (Dr. Gregory Delost), Jessica Delost always thought how

neat a career in health care would be.

"When I was young, I always wanted to be a doctor. I admired their ability to help others, how intelligent they were, and how quickly they were able to access information from what seemed like an endless pool of knowledge."

While Jessica admired her dad and wanted to follow in his footsteps, that dream was short lived.

"I quickly learned that I hated everything dealing with blood, my own and others, so my dreams of a medical career ended rather abruptly."

With her medical career over before leaving elementary school, Jessica changed her dream to becoming a lawyer.

"Because of my feistiness, my parents thought law would be a good fit. I liked the idea but since I had been exposed to the health care scene my whole life, I still wanted to somehow fit health care into my end career goal." However, there was one catch, "My dad always told me I couldn't sue doctors," says Jessica jokingly.

It was this new dream of being a lawyer that would stick with Jessica throughout the years. In 2003, she attended the University of Illinois at Urbana-Champaign with the intent of continuing onto law school. Four years later, she graduated with a bachelor's degree in Psychology. Jessica then began working at Cunningham Children's Home in Urbana while she studied for the LSAT exam. A few months later, Jessica applied to and was accepted into St. Louis University School of Law. She began her transition to law school still not knowing exactly how to tie in health care with a law degree.

"St. Louis University has an excellent health law curriculum so I began focusing on those types of classes. During law school, I also found out how much easier it is to solve a problem before it goes into a courtroom," said Jessica. "I decided I wanted to do something with a preventative feel to it, something that would attempt to keep people out of trouble and out of the courtroom.

Jessica said that her dream really started to fall into place during one of her internships during law school.

"A judge told me about a friend of his who worked for a hospital establishing protocols to follow. It was the type of job that fixed problems before they occurred." Jessica continued, "It sounded perfect, it involved the law and health care, exactly what I had been

searching for. So from then on, I selected courses and finished my degree with this in mind."

In 2011, Jessica finished law school and earned her Juris Doctor (JD) with a Certificate in Health Law. However, before she could begin practicing in Illinois, Jessica had one final hurdle, the Bar Exam.

Jessica explained, "During my last semester in St. Louis, I began to think about the time commitment necessary for studying for the Bar. I knew I would probably have time for a part-time position only, but I wanted to start gaining experience in a hospital. I immediately thought about my hometown hospital in Gibson City."

She further explained why she chose to come back to the area, "I've always wanted to stay fairly close to my family. My parents live in Gibson City and my sister and her family live in Bloomington so this area was ideal. My brothers live in Phoenix and L.A. so I wasn't going to be close to them regardless! But, this is a great community that is lucky to have an excellent hospital so I was very happy to come back."

While completing her last semester of law school, Jessica contacted GAHHS COO/CNO Robin Rose. She interviewed with Robin and was offered an internship at the hospital.

"My internship with GAH was perfect. Not only was I able to gain experience in a hospital setting, but the internship allowed me to attend my Bar review class in the morning and finish up my day at the hospital," said Jessica.

Jessica took the Bar Exam at the end of July but would have to wait about two and a half months for her results. While she waited, Jessica continued with her intern responsibilities at the hospital. In October, she learned she had passed the Bar and was now eligible to become licensed to practice law.

"At this point, I didn't know if GAHHS had an available position. I thought I may have to gain some experience in another hospital or with a law firm until I would hopefully be able return to GAHHS as they continued to grow," said Jessica. "Words cannot begin to explain how excited I was when I was offered a full-time position as In-House Counsel with GAHHS. I loved the work I was doing and was very excited about my new responsibilities. It was everything I wanted, where I wanted it."

When Jessica is not in her office, you can typically find her either at home or in St. Louis cheering on her beloved Cardinals, a tradition instilled in her since birth. She also enjoys spending time with her family, especially her nephew and nieces, as well as her Border Collie and Great Dane, Shadow and Puppet.

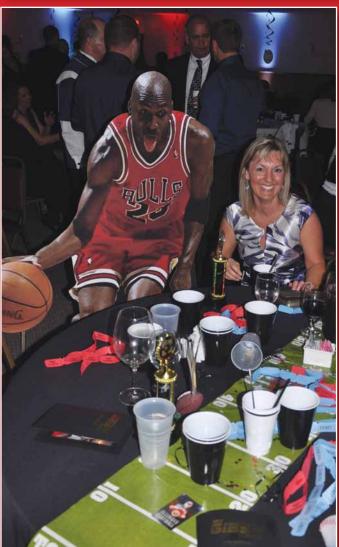
# The 2012 Gibsy Awards Come to Gibson City



or nearly 10 years the Gibson Area Hospital Foundation and Auxiliary have treated guests to a magical evening during their annual spring fundraiser; each year better than the last. The same can be said for this year's Red Carpet Event, the 2012 Gibsy Awards. The Gibsy Awards, held on April 14th at the Kruse Center in Gibson City, was a tremendous success and continued to set the bar higher for next year.

"Last year we were able to sell every table," said Foundation Director Kathy Hess. "But what makes this year even better is that we had twice as many tables as last year and we still sold them out two weeks before the event."

The Gibsy Awards, modeled after ESPN's ESPY Awards, had a sports theme that ran though the Kruse Center and the night. Some of the entertainment included walking down the Red Carpet, which was









broadcast live in the Kruse Center, celebrity impersonators Iron Mike Ditka and Harry Carrey, and an awards presentation guests won't soon forget. The night also included a 50/50 drawing, silent auction for eight "Once in a Life Time Experience" trips and sports memorabilia, as well as a raffle drawing for two life size standups of Peyton Manning and Michael Jordan.

"I want to thank everyone from the hospital, Foundation and Auxiliary who helped make this night one to remember," said Kathy. "I would also like to send a special thanks to 50/50 raffle winner Brian Lozier, who donated \$500 of his winnings back to the Foundation."

More pictures of the 2012 Gibsy Awards can be found on our website in the Media Gallery; <a href="http://www.gibsonhospital.org/media-gallery/">http://www.gibsonhospital.org/media-gallery/</a>, or you can like us on Facebook. ■











# GAHHS COO/CNO Robin Rose Brings Lieutenant Governor to Gibson City



Lt. Gov. Shelia Simon, GAHHS COO/ CNO Robin Rose, and GAHHS CEO Rob Schmitt tour the site for the new OB Department.



Lt. Gov. Shelia Simon address the audience at the Rural Listening Post.

ince its re-launch in 2011, Gibson Area Hospital & Health Services (GAHHS) COO/CNO Robin Rose has served on the Governor's Rural Affairs Council (GRAC), giving GAHHS and those in our surrounding communities a voice in Springfield. A few months back, Lt. Governor Sheila Simon and current GRAC chair, discussed with the council about holding Rural Listening Posts across Illinois. The purpose of these Rural Listening Posts is to give rural elected officials, policymakers, and local leaders the opportunity to share their insights on the issues facing rural Illinois.

Very intrigued by this idea, Rose invited Simon to hold one of her six Rural Listening Posts in Gibson City.

"As a member of the Rural Affairs Council, when the discussion of a listening post for Rural challenges and what solutions could be offered to the Lt. Governor, I immediately thought that Gibson City and the surrounding service areas would be a great place to hold the Central Illinois region meeting," said Rose.

Simon agreed that Gibson City, with GAH and its local businesses, would be a perfect place to hold a Rural Listening Post.

During this Rural Listening Post, Simon addressed the packed

crowd and explained that Illinois is not just one city. "Illinois is a large state with one large city, and that one city is very well represented. However I am here to represent the rural areas in Illinois. The same type of area I myself grew up in. I am here to make sure your voices are heard," said Simon.

This Rural Listening Post provided attendees an opportunity to voice their concerns regarding Gibson City, Paxton and the surrounding communities. Among these opportunities was a brainstorming session to discuss the areas of Healthcare, Workforce, Infrastructure, Education, and Business Climate.

"It was well attended by community members representing law enforcement, business owners/managers, healthcare professionals, school educators, the agricultural community, as well as retired citizens that remain extremely involved in their community. Participants from six counties were represented and the input was invaluable," said Rose.

After attending the Rural Listening Post, Simon stopped by GAH to take a quick tour. During this tour Simon visited with Emergency Department personnel and toured the Project 2012 site (the old storage facility) for the new OB Department and Surgical Suites.

# Running for the Health of It

s Josh Johnson and his mother, Donna Johnson, crossed the finish line, they had accomplished so much more than just completing a 5k. Just 10 months earlier, both Josh and his mother were lying on a surgeon's table waiting for one of Josh's kidneys to be removed and given to his mother.

About 3 years ago, Donna began having issues with her Familial Focal Segmental Glomerulosclerosis (FSGS), a disease she was diagnosed with in her early 20's. The disease quickly began shutting down her kidneys, which would require her to have a kidney transplant; however the waiting list for a kidney from a deceased donor was four years.

"That was out of the question," said Josh. "The disease was rapidly progressing and my mother would have had to start going on dialysis, which would have severely deteriorated her quality of life. So our family began the testing to see if we would be a good match."

After Donna's seven brothers and sisters were ruled out as possible matches, Josh was tested. He turned out to be a perfect match to his mother and his mind was made up.

"There was never any question in my mind that I would do this for my mother," said Josh. "My only concern was whether I or my children had FSGS? Luckily, I tested negative for the disease and after I convinced my mom to take my kidney, surgery was scheduled for June 27, 2011 at 8:00am."



Josh and Donna after they had recovered

Less than 24 hours after surgery, Donna began walking the halls of the hospital and from that point, she set the goal to complete a 5k with Josh, something she wasn't able to accomplish before she received Josh's kidney. With this goal in mind and the Illinois Marathon only ten months away, Donna began walking and running daily.

As they crossed the finish line Josh, reflected on the journey he has taken with his mother and said in the end, the decision was an easy one to make.

"Not everyone would have the chance to do this for someone, especially a parent. I only have one Mom, so the choice was pretty simple for me, a few weeks of discomfort for 30 more years of life with my mother in it," said Josh. "I was not prepared to watch my mother suffer at the age of 53. She is young and beautiful and has a long life ahead of her. Everything



fell into place the way it should have, who am I to argue with that."

Josh and Donna plan to start the tradition of running in the Illinois Marathon every year to celebrate where they have been and more importantly the life they have ahead of them. ■

### "May I offer you a ride?"

his question has been heard by many patients, caregivers, visitors and vendors parking in the main lot and lot west of Melvin Street since the first of March of this year. Many have responded by accepting the ride to the front door or emergency department door while others have expressed their desire to walk to the entrance of their choice.

Gibson Area Hospital has began the new service March 5 in the mornings providing shuttle service via a "Courtesy Cart" to those parking in the main lot and the lot on the west side of Melvin Street. The service is operational on week days from 7:00-12:00 AM. Ken Kulow is coordinator being assisted by six volunteers operating the cart.

The four passenger cart is licensed by the City of Gibson to

operate on the city streets. In addition to parking lot duty the cart provides rides for special needs situations.



Ken Kulow gives GAHHS Executive Secretary Kathy Hess a ride.

# "Combining" with our Communities

f you have been to Gibson Area Hospital (GAH) in the past several months you may have noticed the renovations we have been making to the main lobby. In addition to the new floors and fresh paint, a "Combining with our Communities" display has been created.

"The Hospital and Foundation are so fortunate to be surrounded by such supportive communities," said GAH Foundation Director Kathy Hess. "So when the remodeling began, the Foundation wanted to create something to show our thanks to those who have helped support us, not only in the past but also for the future."

With the space available, the Foundation quickly approved the creation of "Combining with our Communities."

"The goal is to thank and honor the memories of those who have made donations to the Foundation," said Kathy. "Without the support we receive, we would not be able to continue to grow and to meet the needs of those we serve."

If you would like more information on "Combining with our Communities" or to learn about how your donations can help, please contact the GAH Foundation at (217)-784-2600. ■



#### We are the Champions

fter a long 28 week season, beginning in September, the Gibson Area Hospital (GAH) Men's Thursday Night Team claimed the championship trophy with 131 points, 16 more than their closest competitor.

GAH's team captain Patrick Bean said, "What makes this win even better, is that this is the first time in several years that GAH has had a full five man squad."

The GAH squad consisted of Patrick Bean, Steve Wagner, Scott Garrett and first year team members David Zink and John Jacobson.

In addition to winning the championship, Steve also won Most Improved Bowler this season, increasing his average by more than 22 pins.

"As the season went along, the whole team got better and that is something that really helps in a handicapped league like ours,"



From Left to right: Scott Garrett, Patrick Bean, John Jacobson, David Zink, and Steve Wagner.

said Bean. "It was a great season with lots of memories, but we look forward to defending our trophy next season."

# Find Support In Numbers

## Support Group Opportunities at GAHHS

#### **CANCER** Support Group

The Gibson Area Hospital & Health Services Cancer Support Group meets the second Monday evening of each month at 6:00 pm. We offer emotional support and are willing to provide links to any education or support the community needs. In the last year we have had speakers on Chemotherapy from a pharmacy view and lymphedema from a certified therapist's view.

If you need any other information please contact Missy Stiger in the Cardiopulomonary Rehabilitation Department at GAHHS, 217-784-2667.

# **ARTHRITIS**Support Group

Arthritis causes pain and often disability to one in every seven Americans. Find out how the numbers can work for you. You'll find friendship and support when you join the Arthritis Support Group at Gibson Area Hospital & Health Services. Topics of discussion will include pain management, diet and exercise. All ages are welcome and encouraged to attend.

Meetings will be held the first Monday of every month from 6:00 pm to 7:00 pm at the hospital. Call Julie Bowen at 217-784-2259 for more information or to register.

# **DIABETES**Support Group

For people whose lives have been affected by diabetes, Gibson Area Hospital & Health Services provides a diabetes support group that is a forum for learning about diabetes, and for sharing ideas, concerns, and feelings about living with this disease. Each meeting usually features a presentation by a professional staff person who provides information to better help manage diabetes. Questions and general discussion usually follow the presentation. Topics for the past year have included, "Tips for the Holidays", "Medications", "Reading Food Labels", "Diabetes and Stress", and "Heart Healthy Living".

The group is open to all those with diabetes and their family and friends, or those simply interested in learning more about the disease. The diabetes support group meets the 2nd Thursday of every month, excluding December and January, from 7 pm to 8 pm at the hospital.

If you have questions, please call Eileen Woolums at 217-784-2344. ■

# Support Group Time & Date at a Glance

#### **Arthritis Support Group**

1st Monday of every month from 6:00 pm to 7:00 pm in the Radiology waiting room

#### Cancer Support Group

2nd Monday of every month – 6:00 pm to 7:30 pm in Outpatient waiting room

#### **Diabetes Support Group**

2nd Thursday of every month – 7:00 pm to 8:30 pm in Radiology waiting room

#### **Total Joint Class**

1st and 3rd Tuesday – 1:00 pm to 3:00 pm in the EDUP meeting room

#### **Celiac Support Group**

Beginning Wednesday, September 19th, 6:30 pm – 7:30 pm in the Radiology Waiting Area.

# Dr. Norris Performs Area's First Autologous Implantation



ecently, Gibson Area Hospital & Health Services (GAHHS) Orthopedic Surgeon Joseph Norris added to the ever growing list of firsts for GAHHS by performing the area's first Autologous Chondrocyte Implantation (ACI). the name is long and medical, ACI is a very involved cartilage restoration procedure very few in this area have the specialized training to perform.

ACI is a delicate procedure that involves removing a small amount of cartilage cells from the patient's healthy knee. These cartilage cells are then sent to a cell expansion laboratory where they are grown for four to six weeks. Once enough cells have been grown,

a second surgery is scheduled to transplant them back into the patient.

For this second surgery two incisions are made. One over the knee to repair the damage and the second over the shin bone to harvest a piece of tissue called periosteum. This piece of periosteum is then used as a patch over the damaged area to hold the new cartilage cells in place as they grow and mature.

ACI is a procedure used to alleviate considerable pain that affects a patient's quality of life. However, because of the extended recovery time and specialized training involved with ACI, this procedure is often used after other methods have failed; such as in the case of Dr. Norris' 20-year-old patient.

"My patient had no cartilage left in her knee, which caused her chronic pain," explained Dr. Norris. Previous surgeries were unable to alleviate the pain and being only 20, a total knee replacement wasn't a viable option. ACI turned out to be the best option for her and she is recovering nicely."

#### **GAH Laundry Department Cools Down**

s Illinois experiences record setting heat, more and more people are staying indoors. But what do you do if where you work is just as hot inside as it is outside? That is the question that has plagued the GAH Laundry Department for years. Because of the location of the Laundry Department and the massive they driers use, the average temperature of the laundry department is around 95 degrees year round.

After a trial run, in which each member of the laundry department was able to wear a cooling vest for a day it was decided that this was the way to go. GAH Laundry Supervisor James Gramley explained that the cooling vest have made a dramatic change in his department.

"Working in the 95 degree heat really taxes the body, but with the cooling vest on it lowers the body temp about 10 to 15 degrees," said James. "Another great benefit to the cooling vest is that they really help with the inflammation of the back that you get



Left to right: Barb Defries, Debbie Barnes and Kitty Tull keeping cool with the new cooling vests.

from standing all day. They truly help make for a better work environment."

# GAH Sports Medicine to begin Providing IW High School with Certified Athletic Trainers

tarting in August, Gibson Area Hospital Sports Medicine (GAH Sports Medicine) will start providing Iroquois West High School athletes with the services of a Certified Athletic Trainer (ATC). This increases the number of schools GAH Sports Medicine serves currently to four. GCMS, PBL and Blue Ridge are the other schools GAH Sports Medicine presently serves.

The ATC will provide coverage of home high school athletic events. This includes injury prevention such as taping and bracing, injury evaluations, immediate first aid and treatment. The ATC will also report at least once a week for free on-site injury assessments or the athlete can be seen at the GAH Sports Medicine clinic free of charge with appointment. In addition to coverages, the ATC will also monitor appropriate training and conditioning as well as environmental conditions.

GAH Sports Medicine will also provide speed, agility and quickness

camps as well as professional seminars. Each summer, athletes will have the opportunity to take advantage of a one day on-site sports physical with an orthopedic evaluation. These will meet the criteria of the IHSA and IESA. Other services provided include annual coaches' clinics with discussions on an array of subjects that pertain to all sports.



GAH Sports Medicine includes Certified Athletic Trainers, Physical Therapists, Occupational Therapists, Certified Strength and Conditioning Specialists, Youth Fitness Specialists, as well as Orthopedics and a Sports Medicine Physician.

# From OB Nurse to Family \_\_\_\_ Nurse Practitioner

t GAHHS we are we fortunate to have a staff that not only wants to continue to learn, but is also dedicated to the communities we live in. It is because of these reasons that we are committed to helping our staff to continue to learn to prove excellent care. Kelli Vaughn is one such employee who has used the opportunities provided by GAHHS to further her career.

After graduating with a Bachelor of Science Degree in Nursing in December 2007 Kelli began working at Provena in the Emergency Department. While her position was challenging and rewarding she had a desire to further her medical knowledge. With this desire, she pursued her Family Nurse Practitioner Master of Science Degree in Nursing at the Mennonite College of Nursing at Illinois State University. Her first clinical rotation was at the Paxton Clinic with Dr. Bernadette Ray. Kelli said it was with Dr. Ray at the Paxton Clinic that her new career path began to develop.

"It was at this time I quickly realized the gap in my emergency nursing experience was with OB patients and I sought to expand my knowledge in this specific area," said Kelli. So when a weekend program RN position became available at GAHHS in the OB department, I was quick to apply for that position."

Kelli credits the RN weekend program and the GAH Foundation with helping her achieve her goal ahead of schedule.

"Being offered the weekend program position (working every

Saturday and Sunday) in OB enabled me to work full-time while being a full-time student, explained Kelli. "Because of this program I was able to complete my master's degree in 2.5 years! Gibson Area Hospital and the Foundation were generous enough to help with the cost of tuition and book fees through the tuition reimbursement program."

In May, Kelli graduated with her Master Degree and in June was given a Family Nurse Practitioner

position at the Family Health Care of Hoopeston.

Kelli says she enjoys her new job because she is now able to see patients from infancy to geriatrics and is able to focus on her interests in women's health, wellness promotion, and disease prevention. But what truly excites her now at the Hoopeston clinic is the arrival of the two new physicians.

"I am very excited to work with Dr. Smith and Dr. Venatta and all the great work we will be able to do in Hoopeston and the surrounding communities," said Kelli.

## **News From the Annex**



Sailfin Employees Chad (Left) and Justin (Right) pose with 104 year-old Annex Resident Marie Wahl after finishing installing the tank.

#### The Annex Gets a New Resident

On March 14th, during Nursing Home Week, the Gibson Area Hospital Long Term Care Annex welcomed a new resident. What makes this resident so special is the fact that she is covered head to tail in hair and sleeps anywhere she wants. That's right I said tail; meet the Annex's new resident, Tiny.

In the past, many pets have visited the residents of the Annex, but their visit would be short. So the idea was brought to Resident Council to get a permanent pet with which the residents could bond.

"After we brought the idea of getting a pet to the resident council everyone became very excited and overwhelmingly agreed," said Annex Administrator Karen Christensen. "Many of our residents had pets prior to coming to the Annex and they had expressed that they would like to help care for our new pet."

Not only will Tiny help create a better sense of home for the residents, but she will provide many more benefits.

"Many studies have shown there are health benefits for people with pets," explained Kristy Elder, Annex Director of Nursing. "Tiny will help improve social interaction with our residents as well as give them a sense of purpose as they take on a new role to help care for her."

#### Annex Gets New, Larger Aquarium

For years, the Gibson Area Hospital Long Term Care Annex has had an aquarium for the residents to enjoy. However, the problem is the aquarium was small allowing only a few residents at a time to watch the fish. With every problem there is a solution, so at Resident Council a new aquarium was discussed and subsequently approved with great excitement and anticipation among the residents.

The new 90 gallon freshwater aquarium was purchased from and setup by Sailfin Pets in Champaign with memorials of loved ones who have gone before us.

"The aquarium brightens our home, but aesthetics wasn't the only reason behind getting a new aquarium," said Annex Activity Director Miranda Leonard. "The larger aquarium offers our residents a low functioning sensory experience that can increase socialization and mental stimulation. Studies have shown that watching fish in an aquarium have promoted a decrease in physiological stress contributing to better overall health. Watching the fish swim provides a calming effect, which has shown a decrease in pulse rate and muscle tension as well as improvements in appetite."

With the larger tank, the Annex now plans on getting more fish for the residents to enjoy.

"Currently the aquarium is home to Yellow Lab and Swallow Tail African Cichlids, but plans are in the works to get other varieties of African Cichlids to offer a wider range of colors and shapes for the residents," said Administrative Assistant Kat Streenz. "We are also getting an algae eater and other bottom feeders to offer more variety and to help keep the tank clean."

# Julie Tinsman Recognized as a Hero in Long Term Care

he Health Care Council of Illinois (HCCI) has recognized Julie Tinsman, a CNA with Gibson Area Hospital Long Term Care (Annex), as one of their "Heroes in Long Term Care." Julie was recognized for this award because of her outstanding contributions to the enhancement of the quality of life to the residents of the Annex, as well her sense of caring, selflessness, and commitment to facility life.

"Julie is a true leader every day she comes to work. She is always compassionate and caring with the residents and is willing to go the extra mile to make their day special," said Annex Director of Nursing Kristy Elder. "She has taken on the role of lead CNA and orients all new CNAs. She always has a big smile on her face and maintains a great working relationship with her coworkers. Residents love the extra care and attention she gives and her peers see her as a respected leader."

As part of National Nursing Home Week, HCCI recognizes the "heroes" in Illinois LTC Facilities. Award winners are chosen among the many dedicated and caring staff members and residents who have made meaningful contributions to the lives within their facilities.



Annex Resident Council Members (Front) Jani Fraim, Bernice Paulsen and Shirley Peeken pose with Annex HCCI Hero honoree (Back) Julie Tinsman.

This is the third year in a row an Annex employee has been recognized by HCCI as a Hero in Long Term Care. ■

#### South Pork Ranch Visits the Annex



# GAHHS Doctor Receives Rural Health Physician of Excellence Award



Katherine Austman, M.D.

or the third year-in-a-row a Gibson Area Hospital & Health Services (GAHHS) doctor has received the Illinois Rural Health Physician of Excellence Award. This year's award recipient is GAHHS' President of Medical Staff Katherine Austman, M.D.. The award presented by the Illinois Rural Health Association (IRHA) is given to outstanding rural physicians who display outstanding service and dedication to improve the health and well-being of the rural and underserved residents in Central Illinois.

Dr. Austman said she is honored to receive this award but she could not have done it alone.

"It is an honor to accept this award on behalf of my

profession," said Dr. Austman. "Though I feel very grateful to receive this accomplishment, I would also like to recognize the staff of Family Health Care of Gibson City, Nela Medina, Rikki Ricketts and Sherry McCray that assist me everyday in providing such a high level of care to our patients. This also would not be possible without the support of my family, friends and community. A special thank you to my husband, Jeff Austman and my children Hannah, Natalie and Jack that share me and my time away from them with my patients. Thank you again. This award is for all of us."

Previous GAHHS recipients include Dr. Neil Nelson (2010) and Dr. Darrin Ray (2011).

#### GAHHS Offers Course For Pregnant Teens Again

ibson Area Hospital & Health Services (GAHHS) is proud to announce that the OB Department will be offering a course for parents between 15-21 years old. The course, Healthy Steps for Teen Parents, is an award-winning program that delivers direct, honest and encouraging information to these young parents. The course is designed to help teens successfully meet the challenges of being young parents. It covers information on the entire pregnancy including birthing and the entire parenting experience.

The OB Department will be offering this class to expecting mothers three more times this year. Each course will consist of three classes held on consecutive Wednesday evenings from 5:30 pm to 7 pm. The dates for these sessions are:

- October 3, 10, 17
- December 5, 12, 19

Expectant mothers are encouraged to register for this course by contacting the Gibson Area Hospital OB Department at 217-784-2510. The course is free to those mothers delivering at Gibson Area Hospital. Mothers delivering at other facilities are welcome to attend the course for a small \$25 fee. For more information, please visit the Baby Central page of the new GAH website, *www.gibsonhospital.org*, or contact Karen Stevenson at 217-784-2510.



#### Katherine Austman, M.D. Anna Frank, P.A.

Family Practice including Maternity Care #7 Doctors Park, Gibson City, IL 60936 217-784-5500

(2nd Location)

Prairie Family Medicine and Obstetrics 122 E. Wabash St., Forrest, IL 61741 815-657-8707

#### George Bark, M.D., PhD

Family Practice 227 N. Market St., Paxton, IL 60957 217-379-4864

(2nd Location)

Family Health Care of Hoopeston 837 E. Orange St., Hoopeston, IL 60942 217-283-5530

#### Benjamin Brewer, M.D. Bill Herriott, P.A.

Family Practice including Maternity Care 122 E. Wabash St., Forrest, IL 61741 815-657-8707

(2nd Location)

Family Health Care of Gibson City #7 Doctors Park, Gibson City, IL 60936 217-784-5500

#### Joseph Chung, M.D.

General Surgery #1 Doctors Park, Gibson City, IL 60936 217-784-4297

## Chris Dangles, M.D. \* \* Laura Brinkley, A.P.N.

Orthopaedic Surgeon #10 Doctors Park, Gibson City, IL 60936 217-784-4340

#### Gregory Delost, M.D. \* \*

Family Practice #3 Doctors Park P.O. Box 525 Gibson City, IL 60936 217-784-4030

#### Richard Foellner, D.O. Lisa Oakley, F.N.P.-P.N.P. Celia Hethke, R.N.C., A.N.P., A.P.N.

Family Practice and Anti-Aging 227 N. Market St., Paxton, IL 60957 217-379-4864

## David J. Hagan, M.D. \* \* Mary Allen, C.N.P. \* \*

Family Practice and Geriatrics 222 N. Sangamon Ave., Gibson City, IL 60936 217-784-8148

(2nd Location) 104 S. Third St., Fisher, IL 61843 217-897-1692

#### Jeremy Henrichs, M.D. Brenna Schluter, A.P.N., A.N.P.-B.C.

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Radiologist 1120 N. Melvin St., Gibson City, IL 60936 217-784-4251

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General Surgery Wound Care 1120 N. Melvin St., Gibson City, IL 60936 217-784-2258

#### Scott Morgan, M.D.

*Urologist Outpatient Clinic* 1120 N. Melvin St., Gibson City, IL 60936 217-784-2340

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### Neil Nelson, M.D. \*\* Anne-Marie Richmond, P.A. \*\*

Internal Medicine and Pediatrics #8 Doctors Park, Gibson City, IL 60936 217-784-8580

#### Joseph Norris, M.D. \*\*

Orthopaedic Surgeon #10 Doctors Park, Gibson City, IL 60936 217-784-4340

#### The Onarga Clinic Benjamin Brewer, M.D. Sue Gray, F.N.P. Wamaitha Sullivan, F.N.P.

109 N. Chestnut, Onarga, IL 60955 815-268-4840

#### William Price, M.D. Lori Fitton, A.P.N.

Orthopaedic Surgeon #10 Doctors Park, Gibson City, IL 60936 217-784-4340

#### Bernadette Ray, M.D.

Family Practice including Maternity Care 227 N. Market St., Paxton, IL 60957 217-379-4864 (Mondays, Dr. Ray – #7 Doctors Park)

#### Darrin Ray, M.D. Kara Moody, F.N.P.

Family Practice including Maternity Care 1230 George Rock Dr., Farmer City, IL 61842 309-928-9192

# Martin Repetto, M.D.\*\* Kenna Dunlap Johnson, M.S.W., L.C.S.W.

Geriatric Behavioral Services #4 Doctors Park, Gibson City, IL 60936 217-784-4540

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#### Mark Spangler, M.D. \* \*

Family Practice #3 Doctors Park, P.O. Box 272, Gibson City, IL 60936 217-784-4030

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Cosmetic and Reconstructive Plastic Surgery 1117 N. Melvin, Gibson City, IL 60936 217-784-2238

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Family Practice including Maternity Care 837 E. Orange St., Hoopeston, IL 60942 217-283-5530

#### Rachel Wenger, M.D.

Family Practice including Maternity Care 401 S. Clay St., Fairbury, IL 61739 815-692-1150



The following is a listing of Gifts of Love received January 1, 2012 through December 31, 2011. As you read through the list you will see that contributions can be made in memory of someone, in honor of a person, in recognition of a special occasion (birthday, anniversary, new baby) or accomplishment.

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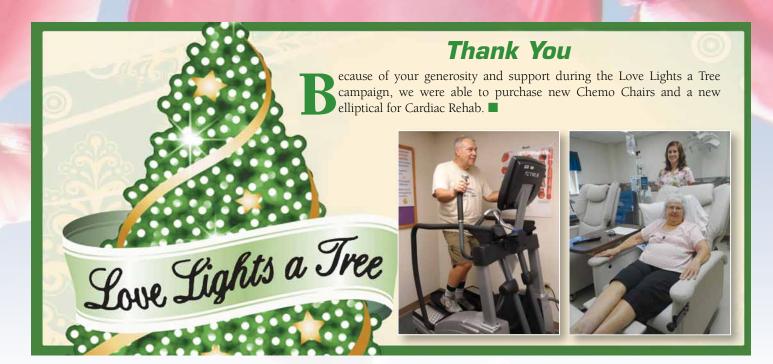




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Derek & Stephanie Kietzman

# Family Health Care of Hoopeston in the Community



Wamiatha Sullivan and Valarie Paulson

#### At the Hoopeston Business Expo

On March 3rd and 4th, Family Health Care of Hoopeston setup a booth at the Hoopeston Annual Business Expo sponsored by WHPO radio. The business expo featured many businesses from around Hoopeston and the surrounding area. 2,500 - 3,000 people attended this year's business expo and it is one of Hoopeston's biggest events of the year. Wamaitha Sullivan, FNP and Community Liaison Valarie Paulson from the Hoopeston Clinic took participants' blood pressures. Wamaitha and Valarie enjoyed meeting with those attending and sharing the services offered by Gibson Area Hospital and the Family Health Care of Hoopeston.

#### A History of 837 E. Orange St.

Recently, Family Health Care of Hoopeston employees, Wamaitha Sullivan, FNP and Community Liaison Valarie Paulson presented a history of the Family Health Care of Hoopeston to the Hoopeston Historical Society at their monthly meeting in April. The clinic, located behind the Charlotte Ann Russell Medical Center, was originally built by Dr. Lee and Dr. Oh in 1978. The clinic was purchased by Gibson Area Hospital in June 2009 and since then has undergone a major remodeling.

"We are very proud of our clinic and the services that we can offer to the people of Hoopeston and the surrounding communities," said Valarie Paulson.

## Wamaitha Sullivan talks to Students about STDs

Wamaitha Sullivan, FNP from Family Health Care of Hoopeston, spoke to the students at Hoopeston Area High School about health

risks related to sexual activity, such as sexually transmitted diseases (STDs).

"The goal of having this discussion was to answer any questions students had about STDs," said Sullivan. "But if teens or their parents have any questions of a private nature they wanted answered, they are welcome to come into the clinic anytime."

During this presentation Sullivan discussed some of the ways STDs are spread and how they can be prevented. Sullivan said, "The students were interested in learning and I believe the discussion was successful."



Valarie Paulson (left) presents a donation of \$1,200 from Family Health Care of Hoopeston and Gibson Area Hospital to Hoopeston Multi-Agency Executive Director Chalmers Flint (right)

# Family Health Care of Hoopeston Helps Hoopeston Multi-Agency

With the current state of the economy in Illinois, many organizations are watching every penny. It is because of this that the Family Health Care of Hoopeston decided to help one of the most needed nonprofits in Hoopeston, the Hoopeston Multi-Agency. The Hoopeston Multi-Agency provides several programs for children, adults, and the elderly who are in need economically and socially. One of these programs is providing transportation for Hoopeston area residents. Their van, however, was in need of some new tires, which cost around \$1,200.

"After I heard they were in need, I knew we had to do anything we could to help," said Family Health Care of Hoopeston Community Liaison Valarie Paulson. "They help so many in our area who are in need and we are very proud to be able help support them in their time of need."

# Hoopeston Clinic Welcomes Two New Doctors

his Fall, Gibson Area Hospital & Health Services (GAHHS) welcomes two new family practice doctors to the ever growing Family Health Care of Hoopeston Clinic to better serve the needs of the Hoopeston Community.

Doctors Laura Smith and Adree Venatta both grew up in small communities around Southern Illinois and it is this upbringing that has led both of them back to practicing rural medicine. Dr. Venatta, who grew up in a small community near Effingham, said the small town feel is something she has missed while pursuing a career in medicine.

"I am really looking forward to returning to a smaller community and becoming invested both personally and professionally in the health and wellness of the community," said Venatta.

Dr. Smith, who grew up near her family's dairy farm in southern Illinois, couldn't agree more with Dr. Venatta.

"I am excited to start meeting the people of Hoopeston and the surrounding communities," said Smith.

While both Dr. Smith and Dr. Venatta ended up on the same path to becoming physicians they each had a different beginning. Dr. Smith explained that she and her family were involved in scouting her whole life and it was scouts and her family that gave her the focus and drive to pursue a medical career.

"During high school, I continued on with Girl Scouts and started trying to think of a career that would combine my love for science with my urge to serve others," said Smith. "It was during that time that the idea of becoming a family physician became my goal. Fortunately, my family helped me achieve this goal with their love and support."

Just as Dr. Smith felt compelled to help others, so too did Dr. Venatta.

"In my family no one was in the medical field, but I knew a





Laura Smith, M.D.

Adree Venatta, M.D.

career in medicine would be a natural fit," explained Venatta. "I love the challenge of applying my knowledge to often unpredictable situations and the satisfaction of helping those in need is unparalleled."

When asked why they chose GAHHS as a place to start their careers their answers were simple.

Smith said, "GAHHS is a great example of excellence in HealthCare for rural Illinois. The opportunities to serve areas of need, as well as having a job that encompasses the full spectrum of family medicine drew me to this position."

Venatta continued, "I chose GAHHS because I was impressed with GAHHS' commitment to quality primary care. The medical staff is very enthusiastic about delivering outstanding care and the administration supports them more than I have seen elsewhere."

Both Dr. Smith and Dr. Venatta provide comprehensive family medicine with care for newborns through the geriatric population. Dr. Venatta's other areas of interest include women's health and obstetrics as well as community education and wellness. Dr. Smith is also very interested in obstetrics and dermatology.

#### **GAH Welcomes New Facilities Director**



n July, Gibson Area Hospital & Health Services (GAHHS) welcomed its new Director of Facilities Management, Jay Keigher. Jay, originally from Onarga, got his Civil Engineering Degree from SIUE. In his 17 years of experience Jay has worked for the Illinois Department of Transportation, the City of Watseka, and most recently with

Foth Engineers in Champaign. Jay said while those positions where rewarding, he has wanted to work in the Gibson City area since they moved.

"In 1997 we moved to Melvin, since then I have always wanted to work in or around Gibson City," said Jay. "So when the

Director of Facilities Management position with GAH became available I became very excited about the opportunity."

Even though Jay has only been with GAHHS for two weeks he said he has already seen what separates GAHHS from his other jobs.

Jay said, "I have not experienced such a large group of employees in any association with such an awareness of and practice at demonstrating the corporate mission statement. You just don't see that everywhere."

Jay, his wife, Maureen, and their five daughters; Shirley, Fiona, Estelle, Lucy, and Norah, live on their small farm near Melvin. They enjoy raising lots of different livestock and pets on the farm. Jay is also an avid sports fan with other interest in cycling and home improvements.



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