



ST. ANTHONY'S MEMORIAL HOSPITAL

Effingham, IL



A little about St. Anthony's

- St. Anthony's serves the Effingham community and the south-central region of Illinois (over 250,000 people)
- HSHS Sister Hospital
- Core values: Respect, Care, Competence, Joy
- 133 bed
- Small town feel
- Community is extremely welcoming and friendly

Foodservice Management

- Hands on experience with every kitchen/cafe position
- Room Service
- Compass



Foodservice Management

- Meals on Wheels
- Crisis Nursery
- Catered Meal
- Themed Meal
 - Tracy: St. Patrick's Day
 - Shannon: 4th of July



Clinical

- Inpatient
- Outpatient
 - ADA recognized diabetes self management education and support program (DSME)
 - Individual appointments, comprehensive education classes, training on insulin injections, insulin pump education, blood sugar testing
- Nutrition Screening & Assessments
- Nutrition Education
- Meditech → EPIC



Clinical Rotations

- Weight management – Offsite, Opilka Wellness Center, HMR
- Maternal/Pediatrics – Onsite, St. Johns or Carle for NICU
- Mental Health – Onsite, SBL or St. Mary's
- Diabetes - Onsite
- Cardiac/Pulmonary - Onsite
- GI/Surgery - Onsite
- Renal – Mattoon & Onsite, Davita Dialysis
- Oncology/Palliative Care – Onsite, Cancer Center
- Nutrition Support – Onsite
- Staff Relief - Onsite

Community

- Free Community Diabetes Program
 - Can Help individuals with food, medications, blood sugar testing supplies, and lifestyle changes
 - Meet with RD once a month
 - Improve blood sugar control
 - Financial assistance for medication needs
- Diabetic Support Group
 - Meets once a month to discuss diabetes-related topic and time for open discussion

Community Continued

- Health Management Resources (HMR)
 - Offers a medically supervised, behavioral-based, lifestyle-focused weight management program that combines a structured diet, physical activity, and lifestyle-change coaching.
 - Located @ Opilka Wellness Center in Altamont



Objectives completed

- HMR Diet
- Taught class for individuals enrolled in the program
- Catholic Charities Mobile Food Pantry



CATHOLIC
CHARITIES
MOBILE
FOOD
PANTRY



FARMER'S MARKET – KIDS EAT RIGHT

Tips For Success

- Stay organized
- Be adaptable
- Don't be afraid to ask questions
- Get involved, take advantage of every opportunity
- Always be confident, you are the nutrition expert

Questions?

