

staying  
**HEALTHY**



**HORIZON**  
HEALTH

**Medicare program helps manage chronic illnesses**

Chronic Care Management (CCM) is a Medicare program that helps participants understand and live successfully with their long-term medical conditions.

Under this optional program, patients are actively involved in managing their chronic illnesses. The intent is to reduce unnecessary emergency room visits, readmissions to the hospital, and costs of duplicate testing.

CCM is not an emergency service, but gives patients access to qualified nurses who can assist them with a comprehensive care plan that has been designed especially for them. CCM services are performed independently of a regular office visit.

The CCM program offers the following benefits:

- Each patient can expect a minimum of 20 minutes of interaction time per month with a Chronic Care Management nurse.
- A dedicated phone line is available for patients to talk to a CCM nurse. If a nurse is

not available at the time of the call, a nurse will return the call within one hour.

- In addition to the dedicated phone line, a Chronic Care Management nurse calls patients every month to check-in and addresses any health-related concerns the patient may have.

Patients can enroll in the service following a discussion with their primary care provider or a CCM nurse. To qualify for the program, patients must meet the following requirements as defined by Medicare:

- Have two or more chronic conditions expected to last at least 12 months. Examples include cardiovascular diseases, diabetes, cancer, hypertension, asthma, Alzheimer's disease and related dementia.
- Have had a face-to-face encounter with their primary care provider within the past 12 months.
- Provide signed consent to enroll in the program. There is a small cost. Medicare patients can expect to pay \$12 dollars a month. If they have secondary insurance, the cost may be covered. Patients can terminate the service at any time. There is no contract.

**Samantha Volstorf, APRN, FNP**

Samantha is a family nurse practitioner in the Paris Clinic. She is board certified in primary care by the American Nurses Credentialing Center.



Samantha has been providing patient care for the past 18 years (13 years as a nurse practitioner). She first joined Horizon Health as a registered nurse in the emergency room at Paris Community Hospital. She returned to Horizon Health in 2012 as a nurse practitioner.

Samantha has served in various roles over the years, including providing patient care at EZ Care. She provided coverage at the Chrisman Family Medical Center on several occasions, and worked as a hospitalist in the PCH inpatient unit.

Samantha has a bachelor's degree in nursing from Indiana State University. She has a master's degree in nursing, with a specialization in advance practice nursing, from Indiana Wesleyan University.

Samantha is pursuing a post-master's certification as a psychiatric mental health nurse practitioner.

**Paris Community Hospital**  
721 E. Court St., Paris, IL 61944

**Oakland Clinic**  
5 S. Walnut St., Oakland, IL 61943

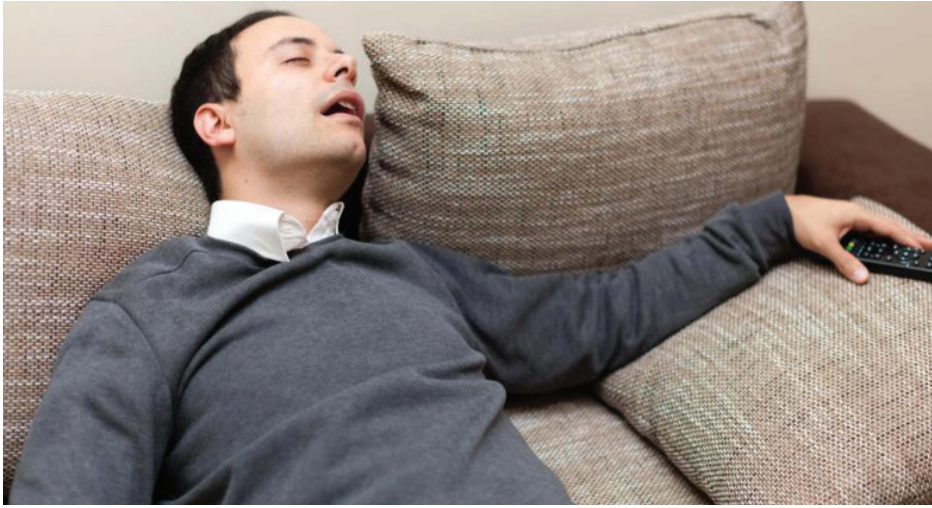
**Chrisman Clinic**  
112 W. Madison Ave., Chrisman, IL 61924

**EZ Care—Marshall** *Coming soon!*  
1602 N. Illinois Hwy 1, Marshall, IL 62441

**Paris Clinic**  
727 E. Court St., Paris, IL 61944

**EZ Care**  
1 Phipps Lane, Paris, IL 61944

**Senior Care**  
15323 US Highway 150, Paris, IL 61944



## Holiday fatigue or something more?

For many, post-holiday fatigue sets in after a busy season of shopping, party planning, and family gatherings.

But what if fatigue continues for weeks or even months after the holidays? Is it typical holiday fatigue or something more?

Excessive fatigue can signal an underlying medical problem, such as obesity, anemia, diabetes, hypothyroidism, and depression. When a medical condition has been ruled out as the cause of fatigue, it may be time to consider other “hidden” causes.

The Cleveland Clinic identifies the following hidden causes of fatigue:

### **Junk food diet**

Diets that are high in trans fats, saturated fats, processed foods, and added sugars can drain energy levels.

### **Lost or missing nutrients**

To experience the greatest benefit from foods and to optimize energy levels, eat a healthy, well-balanced diet and never skip meals.

### **Not enough omega-3**

Some evidence suggests that omega-3 fatty acids help reduce depression, a condition that often includes fatigue. Foods rich in omega-3 include seafood, cold water fish, leafy greens, chia seeds, and ground flax seed.

### **Vitamin D deficiency**

Some research suggests a link between low levels of vitamin D, low energy, and depression.

### **Poor sleep**

According to the American Academy of Sleep Medicine, people age 18 to 60 should get seven or more hours of sleep a night. Not getting enough sleep can cause fatigue, lead to motor vehicle accidents, and contribute to chronic diseases and conditions, such as obesity, high blood pressure, depression, and heart disease.

### **Sedentary lifestyle**

Not getting enough exercise can make you feel tired. Daily exercise boosts energy levels, mood, and fitness level.

### **Stress**

Excessive, prolonged stress can cause physical and emotional exhaustion and lead to illness. Physical activity is a significant stress reliever and releases endorphins, which are hormones produced in the body that ease pain and create a feeling of happiness.

## JANUARY & FEBRUARY

## Community Health Programs

### MONTHLY HEALTH SCREENINGS

#### January 4

- » Blood sugar, blood pressure, and lipid panel (HDL, LDL, and triglycerides) screenings from 7 to 9 am. Fasting for eight hours in advance required. Cost is \$25. Call 217-466-4228.

### MEDICAL WEIGHT LOSS SEMINAR

#### January 16

- » A free informational session regarding Horizon Health’s Medical Weight Loss Clinic will take place at 5:30 pm in the Paris Clinic. The program utilizes a medically supervised, scientifically based approach that promotes fat loss while supporting muscle mass. To register, call 217-466-4710.

### NATIONAL CRNA WEEK

#### January 20-26

- » Horizon Health recognizes the valuable contribution of its four Certified Registered Nurse Anesthetists (CRNAs) during National CRNA week. CRNAs providing care at Horizon Health include: David Grazaitis, CRNA, APN; Lovie Cotton, CRNA, APN; Adam Schneider, CRNA, APN; and Lee Webber, CRNA, APN.

### FREE ADULT CPR/AED CLASS

#### February 1

- » The non-healthcare provider course teaches basic CPR and the use of an automated external defibrillator (AED); 8 am to 1 pm in Conference Room D. Call 217-466-4320. When calling, leave your name and you will be registered.

### WEAR RED LUNCHEON

#### February 1

- » Horizon Health’s sixth annual Wear Red Luncheon will take place during National Wear Red Day at noon at Café France in Paris. The speaker will be Dr. Maria Horvat, an OB/GYN provider who will join Horizon Health full-time in February. Her presentation is titled “At the Heart of It All.” Cost is \$20 per person. Tickets are limited and will be available beginning January 1. They can be purchased at the Paris Community Hospital registration desk. Call 217-466-4294.