

# ***Mercy April 2024 Update***

**April is Stress Awareness Month**  
EAP and Your Mental Health

**Free Type 2 Diabetes Nutrition Class**

**Lebanon Hospital and Clinic Services Sheets**

**Mercy Clinic OB/GYN-Lebanon**

**Welcome New Provider:**  
Ashlynn Kay Vonderheide, FNP, Family Medicine,  
Mercy Clinic Family Medicine- Mtn Grove

**Schedule Your Mammogram ONLINE**

**Mercy Now**  
Get Your Care the Way You Want

**Mercy Health Foundation**

# Help When Your Team Needs It

## In-Person and Virtual Counseling



## Your EAP

### What is Employee Assistance?

We offer free, confidential short-term counseling and referral services to support you and members of your household in dealing with everyday problems and major life events. Your EAP also offers 24/7 counseling support by phone to provide help when you need it most.



### How can EAP help me?

We provide short-term counseling and resources to assist with your concerns, including:

- Anxiety and depression
- Stress at home or at work
- Marital/couples' counseling
- Grief and loss
- Anger, resentment
- Budgeting and debt management
- Parenting concerns
- Addictions
- Conflicts/communication problems

*Every attempt will be made to assist you with any issue or we will point you in the right direction.*

### Who provides the service?

Our counselors hold a minimum of a master's degree in a behavioral health field. Services include:

- 24/7 EAP help line
- In-person, video, or phone counseling by licensed providers

### What does the program cost?

Services are free for you and any member of your household. Treatment beyond the scope of EAP is coordinated through your medical benefit or community services.

### Is the program confidential?

Mercy EAP is bound by legal and ethical duty to maintain your confidentiality. No one will know you are receiving EAP services without your consent, and choosing virtual counseling may increase privacy. Rare exceptions to confidentiality are discussed in the first session.

### How do I get started?

1. Make the call to speak with a counselor or schedule an appointment (314.729.4600 #2 or 800.413.8008 #2).
2. The person you talk to will ask basic demographic information and help you identify next steps.

### Employee Assistance Program

Free, confidential counseling and resources  
24 hours a day - 7 days a week - 365 days a year  
314.729.4600 #2 or 1.800.413.8008 #2





## Community Nutrition Education Series presents: Nutrition Management of Non-insulin Dependent Type 2 Diabetes

Eat well and feel well. Planning meals and snacks with a good balance of carbohydrate, lean protein, and healthy fat can help you manage your blood sugar. Open to the public.

April 23 | 5:30 – 6:30 p.m.  
Mercy Hospital Lebanon  
Conference Room 1  
100 Hospital Drive  
Lebanon, MO 65536

# Mercy Services in Lebanon



## Hospital Information

### Central Test Scheduling\*

Central Test Scheduling helps you set up the following services.

417.533.6094 | Toll free: 866.320.8552  
Fax: 417.533.6474

### We schedule for:

- Imaging  
(Mammography, MRI, CT, Nuclear Medicine, Echo, etc.) - Rolla and Lebanon\*
- Respiratory Therapy - Lebanon\*

### Departments schedule for:

- Physical Therapy  
Rolla 573.458.6858  
St. Robert 573.336.8991  
Lebanon\* 417.533.6315
- Cardiac Rehab - Lebanon\* 417.533.6700
- Cardiac Rehab - St. Robert\* 573.336.8991
- Infusion Therapy - Lebanon\* 417.533.6464

\*A Service of Mercy Hospital

24-Hour ER 911

Ambulance and Air Ambulance 911

Nurse On Call 417.820.6055

Oncology Nurse On Call 855.330.1630

Adapt Medical Supply 844.740.4093

Auxiliary Gift Shop 417.533.6036

Cancer Care Services  
at Mercy Curry Cancer Center\*  
417.533.6464

Cardiac and Pulmonary Services\*  
Cardiac Rehabilitation, Congestive Heart Failure  
Program, Pulmonary Rehabilitation  
417.533.6700

Care Management 417.533.6369

Diabetes Education\* 417.533.6335

Mercy Health Foundation 417.533.6192

Integrity Hospice 417.991.2882

Intensive Care Unit 417.533.6044

Laboratory 417.533.6327

Medical/Surgical  
Inpatient Services and Care  
417.533.6023

Nutritional Services\* 417.533.6335

Oncology and Infusion Services\*  
Lebanon 417.533.6464  
Rolla 573.458.6379

Optical Shop 417.533.6542

Retail Pharmacy\* 417.533.6770  
Hours Monday - Friday 8:30 a.m. - 6 p.m.  
Saturday 9 a.m. - 2 p.m.  
Rolla 573.458.6379

Radiology Services\*  
417.533.6026

Respiratory Therapy\* 417.533.6070

Sleep Center\* Lebanon 417.532.2675  
Rolla\* 573.458.6476

Surgery Department Lebanon 417.533.6081  
Rolla 573.458.6608

Therapy Services\* 417.533.6315

Wound Care\* 417.533.6908

## Mercy Clinic Primary Care

### Family Medicine

120 Hospital Drive, Suite 100  
417.533.6751

Juliana Zamora Cabillos, MD  
Philip V. Mitchell, MD  
Erin R. Burnette, FNP  
Kaitlyn Lindemeyer, PA  
Alyssa Wright, NP

### Family Medicine

Behavioral Health Clinic  
120 Hospital Drive | Suite 100  
417.533.6751  
Morgana Hazell, PsyD

### Pediatrics

120 Hospital Drive | Suite 350  
417.533.6729

Caroline Campbell, MD  
Sandra Hinds, NP

### Pediatrics - St. Robert

608 Old Route 66 | Suite Second Floor  
573.336.8990

Rhannon Michelle Sanders, MD  
Brittany Wilson, NP

### Family Medicine - Richland

904 S. Pine Street  
573.765.2956  
Jeffrey Semeyn, DO  
Lisa Boggs, NP  
Mallory Warren-Brothers, PA

### Family Medicine - Marshfield

1040 W. Washington Street  
417.859.2380  
James Buckner Jr, DO  
Kim Edson, FNP

### Family Medicine - Buffalo

118 W. Dallas Street  
417.345.6101  
Jonathan Thornsberry, MD  
Alicia Zacher, NP  
Jerry Darris, FNP

### Family Medicine - Strafford

363 E. Route 66  
417.736.9175  
Shawmie Replogle, MD  
Jonathan Thornsberry, MD  
Melva Evans, NP

### Family Medicine - St. Robert

608 Old Route 66  
573.336.5100  
Sandra Dempsey, PA  
Kristopher Flynt, PA  
Saima Jabeen, MD  
Rachel Nix, FNP  
James Brandon Reeves, PA  
Melissa Reynolds, NP  
Jeffrey Semeyn, DO



# Mercy Clinic Specialty Services Lebanon



## Cancer and Hematology

100 Hospital Dr.  
**417.820.8099**

Yaqoob Ali, MD  
Chitra Balasundaram, MD  
Kelly Koehn, MD  
Lavanya Tiriveedhi, MD  
Christina Jones, NP  
Angela Pringle, NP

## Ear, Nose and Throat

120 Hospital Dr. | Suite 250  
**417.820.5750**

Erich Mertensmeyer, DO  
Elizabeth Mullings, NP

## Podiatry

120 Hospital Dr. | Suite 250  
**573.458.6364**

Joshua Garrison, DPM

## Sleep Medicine

1234 Deadra Drive  
**417.532.2675**

Lirong Zhu, MD, PhD

## Pain Management

331 Hospital Dr. | Suite 250  
**417.820.2064**

**Toll-free 877.234.2524**

Jeremy Broadnax, MD  
Cameron Hess, MD  
Sadie Ochs Giedd, DO  
Eric Stewart, MD  
Chelsea Crespo, PA-C  
Joel Meyer, PA-C  
Mathew Reid, PA-C

## Orthopedics | Sports Medicine

331 Hospital Drive | Suite A  
**417.533.6560**

Vince Martin PA  
Thomas Rogers MD  
Megan Manthe MD

## Audiology

120 Hospital Dr. | Suite 250  
**417.820.5750**

Allison White, AuD

## Cardiology

120 Hospital Dr. | Suite 250  
**417.820.3911**

Jessica A. Birchem, DO  
Bethany Murrell, NP

## Springfield Nephrology

120 Hospital Dr. | Suite 350  
**417.886.5000**

Susan Woody, DO

## Radiology

100 Hospital Dr.  
**417.533.6026**

Richard Reber, MD

## OB/GYN

120 Hospital Dr. | Suite 300  
**417.533.6710**

Debra Carson, DO

## General Surgery

120 Hospital Dr. | Suite 200  
**417.533.6780**

Joe Padilla, Jr, MD  
Rafael Bonilla Vazquez, MD

## Mercy Clinic Eye Specialists

341 Hospital Drive  
Ophthalmology | **417.533.6545**  
Aaron Dent, DO  
Optometry | **417.533.6540**  
Donna Cumier, OD

## Mercy Curry Cancer Center

### Oncology

100 Hospital Dr.  
**417.820.8099**

Chitra Balasundaram, MD  
Kelly Koehn, MD  
Lavanya Tiriveedhi, MD  
Christina Jones, NP  
Angela Pringle, NP

## Mercy Urgent Care - Lebanon

**417.533.6751**

Open Saturday and Sunday 11 a.m. - 6 p.m.

### Walk-In Appointments

No appointment necessary

## Mercy Clinic Pediatrics - Lebanon

Unexpected Illness or Injury  
Tuesday, Thursday, and Friday | 8 a.m. - 11 a.m.

## Mercy Clinic Family Medicine -

### Lebanon

Walk-Ins Welcome  
Monday - Friday | 7 a.m. - 7 p.m.

For more information, call **1.800.909.8326**  
or visit [www.mercy.net/LebanonServices](http://www.mercy.net/LebanonServices)



Your life is our life's work.



## Access Available for the Care You Need

Caring for women has been part of our mission since the beginning. **Mercy Clinic OB/GYN - Lebanon** provides comprehensive obstetric and gynecological care for women of all ages in Lebanon and Camdenton. Services include:

- Family planning
- Wellness
- Annual preventive exams
- Incontinence
- Menstrual disorders
- And more

We are equipped for in-office ultrasound and provide care for mother and baby from conception to delivery.

We are currently accepting new patients.

Schedule today or learn more at [mercy.net/LebanonOB](https://mercy.net/LebanonOB)

**Mercy Clinic OB/GYN**  
120 Hospital Drive  
Suite 300  
Lebanon, MO 65536  
417.553.6710



# Welcome New Provider

Mercy Clinic Family Medicine-Mtn. Grove  
120 W. 16<sup>th</sup> St, Mountain Grove, MO 65711



**Ashlynn Kay Vonderheide, FNP**  
Family Medicine

To schedule an appointment, call: (417) 926-6111



# New Feature on Mercy.Net Schedule Your Mammogram ONLINE!

## Lebanon and Rolla Imaging Services

The radiology services at Mercy Imaging Services in Lebanon and Rolla, MO includes bone densitometry and advanced computerized tomography (CAT Scan) for greater patient comfort, safety, faster exam times and improved image quality for speedier diagnosis; magnetic resonance imaging (MRI); mammography; nuclear medicine; ultrasound with Doppler and traditional x-ray. Our CAD unit helps locate and diagnose questionable areas on a mammogram x-ray.

## **3D Mammography Services**

A 3D mammogram takes only a few seconds longer than a regular mammogram. During both scans, the breast is compressed between two plates to obtain the images. However, during a 3D mammogram, the scan takes a series of x-rays of the breast from different angles. The computer then digitally recreates the breast, and radiologists can view "slices" of the image one at a time, making it easier to see and evaluate possible abnormalities. With a 3D monogram, a radiologist can use the image slices to better differentiate cancer from glandular tissue. This leads to better cancer detection and fewer callbacks for additional testing. We've made the top radiology services convenient to you, with the personal attention you've come to expect from Mercy.

[Go to Mercy.Net to schedule your mammogram online](#)





# Mercy Now: Attend Your Appointment the Way YOU Want



## Caring for your home team just got easier.

At Mercy, we're constantly looking for better ways to care for you. Mercy makes it quicker and easier to get the right care, right away.

**Need care now?** Go online and answer a few simple questions to find your best, quickest option for care.



### Office Visit

Book a visit with a primary care physician online, or find and schedule with the first available provider.



### Urgent Care

Save your place online for the next slot at your nearest Mercy-GoHealth urgent care.



### Video Visit

See a doctor from the comfort of your home, office, school... wherever.



### Mercy Express Care

Established Mercy patients can answer a few simple questions digitally, get a care plan and, if needed, have a prescription sent to your pharmacy.



### Mercy On Call

Need care after hours? Our on-demand care team is available to Mercy primary care patients by phone 24/7.

## Mercy primary care providers make staying healthy easier, too.

### A Mercy primary care provider can:

- Provide routine exams and vaccinations
- Treat minor illnesses and injuries
- Help manage chronic conditions like diabetes and high blood pressure
- Refer you to specialists when needed
- Give you access to the free MyMercy app

### Use MyMercy on your smartphone, tablet or PC to:

- Request prescription refills and track medications
- Schedule Mercy doctor appointments
- View Mercy test and lab results
- Communicate with your Mercy care team
- Check in and complete registration before your visit

Find care today.  
Scan this code or visit  
[mercy.net/EmployeesNow](https://mercy.net/EmployeesNow)

