

HealthLines

Fall 2022

Introducing CGH TeleUrgent Care

Whether at home or traveling, CGH is making it easier for patients to connect with their providers.



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2022 CGH
Report to Our
Community



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Introducing CGH TeleUrgent Care

Whether you are at home or traveling, our new CGH TeleUrgent Care is making it easier for you to connect with the CGH healthcare providers you know and trust.

Featuring expanded hours from 7 AM–7:30 PM, seven days a week, CGH TeleUrgent Care is available for both new and established patients from your smartphone (any Android or iPhone), anywhere with a stable internet connection.

“You’ll be cared for by the same local, highly-qualified Nurse Practitioners and Physician Assistants as you would if you visited one of our clinics in person,” said Shane Brown, MHSA, Vice President of Physician Services. “That means, whether online or in person, you’ll receive the same excellent care.”

CGH TeleUrgent Care can treat you for a variety of common health conditions, including:

- + Bladder infections
- + Boils
- + Cold and flu symptoms
- + Insect bites
- + Minor burns and rashes
- + Pink eye
- + Poison ivy
- + Ringworm
- + Sinus infections
- + Sore throats
- + Sprains and strains
- + Upper respiratory infections

If TeleUrgent Care is not appropriate for your condition, our providers will help guide you to other levels of care. Additionally, if you need a prescription for your treatment after your visit, we will send it to the pharmacy of your choice.

To schedule a TeleUrgent Care appointment, visit cghmc.com/TeleUrgent or call 815-564-4200. Within 30 minutes, you will receive a text with confirmation of your visit and a link to be automatically connected to a local provider. Like in-office appointments, all TeleUrgent visits will be billed through your insurance provider.



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It's Time to Return to Your Primary Care Provider

Can you remember the last time you had a physical? Do you know your blood sugar, blood pressure and cholesterol numbers? Have you been putting off preventative tests and screenings?

Then it's probably time for a check-up!

As you grow older, your body changes and faces new challenges. It's important to stay on top of your health and any issues that can pop up as you age. Getting you and your family back to a regular healthcare routine — and annual check-ups — is essential. By doing so, we can identify, address and correct problems as early as possible.

Your primary care provider, or PCP, is the person you should see for most preventive care and health concerns as they arise. Although they may specialize in a certain field, such as family medicine, internal medicine or pediatrics, think of them as the front-line providers for most medical issues that you and your family may face. In some cases, a nurse practitioner may be your primary care provider.

"Your PCP takes time to know you as a whole person," said Marcia Jones, MD, CGH Family Medicine. "The more

we learn about you, your medical history and your lifestyle, the easier it is for us to monitor your health changes over time. Then, as a long-term partner in your health management, we can make sure your overall treatment plan is right and tailored to you."

Your primary care provider can take care of:

- + Checkups, with routine height, weight, blood pressure, blood sugar and cholesterol measurements
- + Immunization updates, such as vaccines for COVID-19, flu, pneumonia or shingles
- + Making sure you're up to date on preventative screenings for skin, cervical and prostate cancer, as well as tests like colonoscopies and mammograms
- + Reviewing your diet, fitness, sleep and stress habits, including smoking or drinking, and managing mental health

- + Reviewing and renewing prescription medications
- + Discussing chronic disease management and any health worries or fears you may have
- + Referring to and coordinating care with specialists and other providers

"If you have been putting off a visit to your PCP for a regular check-up, call your provider's office today," said Dr. Jones. "Or, if you or a loved one don't have a primary care provider, we can help you find one. The most important thing is to find someone you feel good about, whom you can have a good relationship with and whom you can communicate well with."

If you or a loved one currently does not have a PCP, contact the CGH New Patient Coordinator at 815-632-5325 or visit [cghmc.com/newpatient](https://www.cghmc.com/newpatient) for a same-day or next-day appointment.



CGH's New Board Chair

Help us welcome Marcia Jones, MD, as CGH's new Board Chair!



istock.com/Tera Vector



Pumpkin Spice Energy Bites

Spice up your holiday season with these healthy, energy-packed Pumpkin Spice Energy Bites!

Ingredients

- ½ cup canned pumpkin puree
- ¼ cup maple syrup
- 1 teaspoon pumpkin pie spice (see recipe below)
- 1 teaspoon vanilla
- 1 cup dry quick cooking oats
- ⅓ cup ground flax seed meal
- ½ cup chopped toasted pecans
- ⅓ cup reduced sugar dried cranberries

Directions

Combine the first four ingredients in a medium-sized bowl and mix to combine. Add the oats and the flax seed meal and mix thoroughly. Stir in the pecans and cranberries until they are well-distributed. Portion the mixture into balls using a 1 ½-inch cookie scoop or tablespoon. Roll each ball lightly in your hands to even out any rough edges. Chill. These will hold in the refrigerator for 2-3 days or can be frozen.

Pumpkin Pie Spice

- 3 tablespoons cinnamon
- 2 teaspoons ground ginger
- 2 teaspoons ground nutmeg
- 1 teaspoon ground allspice
- 1 teaspoon ground cloves

Combine and mix well. Store at room temperature.

Makes 12 servings. Per serving — 90 calories, 14g carbohydrate, 4g fat, 2g protein, 3g fiber



Halloween Safety Tips

Halloween is a holiday that allows people of all ages to be creative and indulge in sweet treats. But with the festivities come potential dangers, especially for younger children. This year, consider these safety tips to ensure you and your family have a safe and happy Halloween.



Costumes — If you're out trick-or-treating in the evening, it's recommended to choose a costume that incorporates bright colors or reflective elements to allow for easy identification from cars on the road. Also, avoid having your children carry accessories that can potentially cause physical harm to

themselves or others, like toy swords, sticks or canes—one slip and fall could result in serious injury.



Pumpkin carving — Don't let your child use a knife to carve a pumpkin themselves. Instead, offer markers to draw a face or design on the exterior of the pumpkin. Also consider using a glowstick or flashlight to light jack-o-lanterns, as candles could lead to fire hazards.



Home safety — Make sure all outdoor lights are functioning properly and all walkways on your property are clear. This will increase visibility so you can see who is coming to your door during trick-or-treating and prevents potential tripping hazards as children run to and from your door.



Candy rations — Don't let your children eat too much of the candy they receive from trick-or-treating. Set the rules before the big day regarding candy consumption to avoid any arguments or tantrums.

On a day for goblins and tricks, make safety a treat! Starting October 24, parents can stop by the CGH Main Clinic atrium to pick up CGH glow sticks for each of their children on Halloween night.

2022 CGH REPORT TO OUR COMMUNITY



One Mission. One Vision. One Team.



OUR MISSION

Delivering exceptional patient care by combining outstanding skill with heartfelt compassion

CGH BOARD OF DIRECTORS

- + Marcia Jones, MD – Board Chair
- + Scott Wolber – Vice Chair
- + John Benson – Treasurer
- + Nancy Rasmussen – Secretary
- + Mary Jean Derreberry
- + Shawn Hanlon, MD
- + Thomas King, DO
- + Jeffrey LeMay, MD
- + Andy Moore
- + Heather Sotelo
- + John Van Osdol

A MESSAGE FROM OUR PRESIDENT & CEO



Paul Steinke, DO
President & CEO

Nothing compares to crisp, fall mornings with brightly colored leaves made only more brilliant and intense by the dazzling sunshine and clear blue skies. The amazing displays we are privileged to witness each year are such a blessing.

I hope this edition of *HealthLines* finds you well. In this issue, you will find our Annual Report. Like nearly all hospitals and healthcare organizations across the country, we continue to face stubborn challenges: Continuing effects of COVID-19, a tough job market and other economic impacts such as inflation and supply chain issues. Like most everyone, we find ourselves wondering how much of this is just the new normal to which we must adapt. However, our purpose hasn't changed. We continue to rely on the expertise, dedication and commitment of the women and men who work daily at CGH to bring you the best care possible.

It continues to be our mission to serve the families and communities of the Sauk Valley. On behalf of our 1,500 employees, thank you for your continued support of CGH Medical Center!

FINANCIAL SUMMARY

CGH Medical Center provides the following financial summary for the fiscal year ending April 30, 2022:

What we charged our patients:	\$1,004,622,712
We charged but did not receive full payment from:	
Medicare, Medicaid and insurance	\$751,298,584
Charity care and bad debt	\$12,068,207
Total Deductions	\$(763,366,791)
What we received	\$241,255,921
Costs	
To pay staff and provide benefits	\$134,819,756
To purchase supplies, utilities, interest, etc.	\$101,274,273
Cost of depreciation, building and equipment	\$10,425,454
Total cost to care for patients	\$246,519,483
Net Income from patient care	\$(5,263,562)
Other Income	\$7,538,647
Net Income	\$2,275,085

MEDICAL SERVICES

CGH Medical Center is a not-for-profit, city-owned hospital located in Sterling that serves a five-county region in northwestern Illinois. Licensed for 99 beds, CGH has provided the following services to patients over the past two fiscal years.

	FY 2021	FY 2022	% Change
Inpatient Admissions	4,094	4,169	1.8%
Total Patient Days	13,966	16,058	15.0%
ER Visits	21,642	24,656	13.9%
Surgical Cases	3,679	4,035	9.7%
Observation Hours	56,091	48,910	-12.8%
Babies Delivered	544	478	-12.1%
Physician Office Visits	224,529	228,105	1.6%

4,169

Inpatient Admissions

4,035

Surgical Cases

478

Babies Delivered

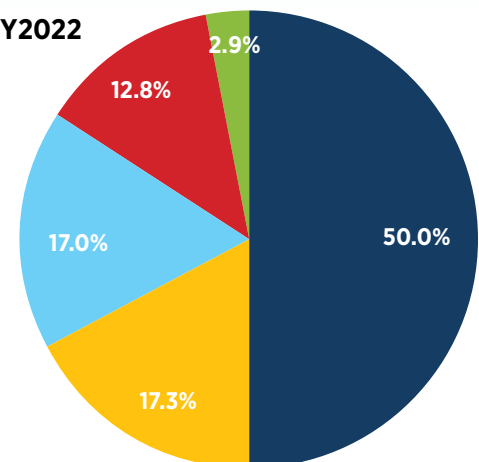
228,105

Physician Office Visits

PAYOR MIX

	FY2021	FY2022	Change
Medicare	50.1%	50.0%	-0.1%
Medicaid	15.9%	17.3%	1.4%
Blue Cross	17.8%	17.0%	-0.8%
Commercial	12.6%	12.8%	0.2%
Self Pay/Other	3.6%	2.9%	-0.7%

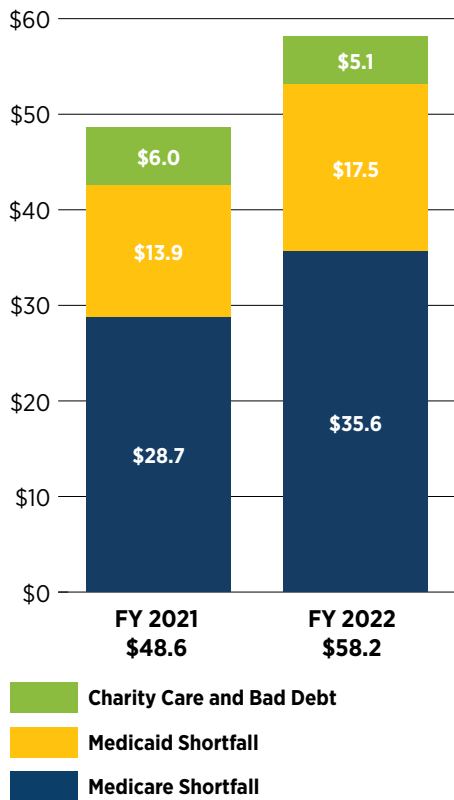
FY2022



GIVING BACK

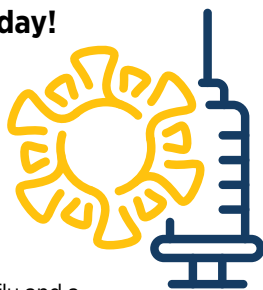
CGH provides a variety of free or discounted services to uninsured and underinsured families in Whiteside and surrounding counties. CGH also educates the public about available resources and helps members of our community apply for public assistance. CGH's total investment in the community (at cost) for the past two fiscal years is shown in dollar amounts below:

Statement of Community Contribution (in millions)



Get Vaccinated Today!

CGH aims to keep our community healthy. To help prevent hospitalizations, CGH recommends patients get flu and COVID-19 vaccines this year.



You can receive both a flu and a COVID-19 vaccination together without any risk to your health. Flu and COVID-19 vaccine walk-ins are welcome on Tuesdays and Thursdays from 8:30 AM–4:30 PM at the CGH Main Clinic. Flu vaccines will also be available on Saturdays in October (8, 15 and 22) from 8 AM–noon.

Don't delay—get your vaccines today!

CGH MEDICAL STAFF

CGH MEDICAL CENTER AND CGH MAIN CLINIC, STERLING

ALLERGY

Therica Heeren, PA-C, MS

ANESTHESIOLOGY

William Chaplin, DO
 Alyssa LeSeure, CRNA
 Krzysztof Malewicz, DNP, CRNA
 Carlos Moreno, DRAP, CRNA
 David Nowak, CRNA
 Henri Stewart, CRNA
 Tyler Thompson, CRNA
 Eric Thueson, CRNA
 Frelea Lyn Tiongson, CRNA
 Fatima Udoiwod, CRNA

AUDIOLOGY

Jessica Birkey, AuD
 Laurie Zollinger, AuD, FAAA

BEHAVIORAL HEALTH

Lorri Mostad, APRN, PMHNP-BC

CARDIOLOGY

Tracey Aude, RN, MSN, CNP
 Edita Danaiaata, MSN, APRN, A-GNP-C
 Jobelle Gamboa, MSN, APRN, ACNPC-AG, CVNP-BC, RCIS
 Hassan A. Kieso, MD, FACC, FRCPE, FRCPI
 Polly Nobis, RN, MS, FNP
 Theresa Rogers, MSN, APRN, FNP-C
 Danelle Saunders, APRN, FNP-C
 Twinkle Singh, MD

CHIROPRACTIC

Curtis Coyle, DC, CCEP

DERMATOLOGY

Rachel Deets, PA-C, MS
 Mark Moran, PA-C, MPAS
 Marc Stees, MD

FAMILY MEDICINE

Norma Alvarado-Urrutia, FPA-APRN, FNP-BC
 Missi Armstrong, APN, FNP-BC
 William Bird, MD
 Kayla Bland, PA-C, MS
 Angel Blazquez, MD
 Susan Burnette, MSN, APRN, FNP-C
 Lynne Coffey, FNP
 Donna Cook, APN, NP-C
 Phong Dang, MD
 Amanda Dawson, APN, FNP-C
 Staci Drosopoulos, ATC, PA-C
 Tina Frank, APN, FNP-BC
 Jennifer Garriott, APN, FNP-BC
 Virginia Heal, DNP, FPA-APRN, FNP-BC
 Kelli Jepson, DNP, APN, FNP-BC
 Marcia Jones, MD
 Karri Kloopping, PA-C
 Eric Kuhns, MD

Miranda Long, PA-C
 John Luckey, MD
 Christina Miller, FNP-BC
 Henry Oh, DO
 Jason Reter, DO
 Shannon Scroggins, APN, FNP-BC
 Paul Steinke, DO
 Angela Stralow, FNP-BC
 Kimberly Teats-Garrison, PA-C
 Peter Toth, MD, PhD
 Julie Wardell, APRN, FNP-BC
 Cassie Wiersema, APN, FNP-BC
 Matthew Wolf, MD
 Kim Wolfe, APN, FNP-BC

GASTROENTEROLOGY

Ayman Alzubi, MD
 Jaziel Chavira, FNP
 Cara Firch, PA-C, MS
 Jorge Monteagudo, MD
 Concha Sitter, MS, FPA-APRN, FNP-BC, CGRN

HEMATOLOGY/ONCOLOGY

Mir Alikhan, MD, FACP
 Alhareth Alsayed, MD
 Lindsay Rodriguez, DNP, MSN, APRN, FNP-C

HOSPITALIST

Cordus Easington, MD, PhD
 Mathai Karingada, MD
 Ashok Maini, MD
 Kalpesh Patel, MD
 Eric Schaffert, MD
 Nancy Tran, MD

INTERNAL MEDICINE

Lauren Cecchetti, APN, NP-C
 Eric Gale, MD, FAAP
 Toni Ikens, APN, FNP-BC
 Iyad Jundi, MD
 Vincent Racanelli, DO
 Anja Wolf, FNP

NEUROLOGY

Chester Dela Cruz, MD
 Preeti Joseph, MD

OBSTETRICS/GYNECOLOGY

David Almasy, MD
 Debra Bowman, MD, FACOG
 Laurie Buckman, CNM, APRN
 Meredith Johnson, MSN, APN, WHNP-BC
 Jeffrey LeMay, MD
 Frank Tugwell, MD

OPHTHALMOLOGY

John Hahn, MD, FACS

CGH MEDICAL STAFF

CGH MEDICAL CENTER AND CGH MAIN CLINIC, STERLING

(cont. from previous page)

OPTOMETRY

Matthew Cutter, OD
Ed Hanlon, OD

ORAL AND MAXILLOFACIAL SURGERY

Robert Whittaker, DMD, MD

ORTHOPAEDICS

Ethan Brooks, DSC, PA-C
Shawn Hanlon, MD
Jeffrey Thormeyer, MD, FAAOS
Joshua Wade, PA-C, MS

OTOLARYNGOLOGY/ENT

Stephanie Ernst, MSN, APRN, FNP-BC
Bryan Kemker, MD, FACS
Maher Younes, MD, FAAOA

PAIN MEDICINE

Juan Ibarra, MD

PATHOLOGY

Farzan Eskandari, MD, FCAP

PEDIATRICS

Warren Cannell, MD
Lauren Cecchetti, APRN, NP-C
Eric Gale, MD, FAAP
Jackie Greve, APRN, FNP, NP-C

PODIATRY

Courtney Mohr, APN, FNP-BC
Eric Riley, DPM
Jessica White, APN, FNP-BC

PULMONOLOGY

Angela Tschosik-Johnson, MSN, AGACNP-BC

RHEUMATOLOGY

Ajay Buddaraju, MD
Melissa Duncan, APRN-FNP

SLEEP MEDICINE

Kim Treviranus, MD

SURGERY, GENERAL

Ashlea Canady, MD, FACS
Heather Wakefield, MD, FACS

SURGERY, VASCULAR

Thomas King, DO
Erika Stach, MSN, FNP-BC

UROLOGY

Kevin Rogers, MSN, NP-C
Young Song, DO

CGH SATELLITE CLINICS AND MULTI-SPECIALTY CENTERS

DIXON MEDICAL CENTER

ALLERGY

Therica Heeren, PA-C, MS

DERMATOLOGY

Rachel Deets, PA-C, MS
Marc Stees, MD

HEMATOLOGY/ONCOLOGY

Mir Alikhan, MD, FACP
Alhareth Alsayed, MD

INTERNAL MEDICINE

Lauren Cecchetti, APN, NP-C
Eric Gale, MD

OPTOMETRY

Ed Hanlon, OD

PEDIATRICS

Lauren Cecchetti, APN, NP-C
Eric Gale, MD, FAAP

RHEUMATOLOGY

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Melissa Duncan, APRN-FNP

SLEEP MEDICINE

Kim Treviranus, MD

DOWNTOWN MEDICAL CENTER

FAMILY MEDICINE

Angel Blazquez, MD
John Luckey, MD
Christina Miller, FNP-BC
Shannon Scroggins, APN, FNP-BC
Julie Wardell, APRN, FNP-BC

FULTON MEDICAL CENTER

FAMILY MEDICINE

Lynne Coffey, FNP

LOCUST STREET MEDICAL CENTER

WOUND CENTER

Ashlea Canady, MD, FACS
Stephanie Ernst, MSN, APRN, FNP-BC
Eric Riley, DPM
Heather Wakefield, MD, FACS

2600 NORTH LOCUST STREET MEDICAL CENTER

CHIROPRACTIC

Curtis Coyle, DC, CCEP

LYNN BLVD. MEDICAL CENTER

FAMILY MEDICINE

Marcia Jones, MD
Jason Reter, DO
Cassie Wiersema, APN, FNP-BC
Kim Wolfe, FNP

MILLEDGEVILLE MEDICAL CENTER

FAMILY MEDICINE

Angela Stralow, FNP-BC
Paul Steinke, DO

MORRISON MEDICAL CENTER

FAMILY MEDICINE

Kimberly Teats-Garrison, PA-C
Matthew Wolf, MD

MT. CARROLL MEDICAL CENTER

FAMILY MEDICINE

Karri Kloeping, PA-C

POLO MEDICAL CENTER

FAMILY MEDICINE

Henry Oh, DO

PROPHETSTOWN MEDICAL CENTER

FAMILY MEDICINE

Matthew Wolf, MD

READY CARE CLINIC

Norma Alvarado-Urrutia, FPA-APRN, FNP-BC
Susan Burnette, MSN, APRN, FNP-C
Tina Frank, APN, FNP-BC
Virginia Heal, DNP, FPA-APRN, FNP-BC

ROCK FALLS MEDICAL CENTER

FAMILY MEDICINE

Donna Cook, APN, NP-C
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Kelli Jepson, DNP, APN, FNP-BC
Peter Toth, MD, PhD

WALNUT MEDICAL CENTER

FAMILY MEDICINE

Missi Armstrong, APN, FNP-BC

STERLING VISION CENTER

OPHTHALMOLOGY

John Hahn, MD, FACS

OPTOMETRY

Matthew Cutter, OD

ORAL AND MAXILLOFACIAL SURGERY

Robert Whittaker, MD, DMD

DIXON VISION CENTER

OPTOMETRY

Ed Hanlon, OD

CGH HEALTH FOUNDATION

DELICIOUS 20 22 DESIGNS

VIRTUAL SILENT AUCTION

OCTOBER 20 - 25



Delicious Designs Focuses on Dementia



With dementia on the rise nationally and in the Sauk Valley, the new Dementia Project will be showcased as part of the ninth-annual CGH Health Foundation Delicious Designs event. Funds will support efforts to raise awareness of the disease and to offer resources and assistance to those impacted in area communities.

The popular virtual Silent Auction fundraiser runs from 7 AM on Thursday, October 20, to 8 PM on Tuesday, October 25. Event Co-Chairs are Lindsey Pistole, Sauk Valley Bank, Gina Grennan, CGH Diagnostic Imaging, and Kayla Brown, McDonald Funeral Home. Gift baskets, experiences, services, desserts, gift cards and wish list items for our patients will be auctioned. Donations of baskets and table sponsorships are being sought.

Since the event's inception, the focus has been on raising funds for mammograms and other diagnostic

testing. Proceeds will be split between the Dementia Project and Women's Health Program. "Two-thirds of dementia cases appear in women," said Pistole. "Both Kayla's and my grandmother passed from this awful disease, and Gina lost her mother-in-law. We want to make sure that families on that dementia journey know they are not alone — we are here to help with raising funds to add or expand services, both at CGH and in the community."

A major component of the initiative is creation of a Dementia Navigator position at CGH. This individual will work with our patients to connect them with local and national dementia resources. "This will have such a huge

impact on how we go the extra mile for our patients," said Brown. "At the same time as diagnosis, we will be able to assist our patients and families with knowing what the next steps are and who to reach out to for information and resources."

The Foundation also partners with CGH in providing screening mammograms with no out-of-pocket costs to area women, said Grennan, who is Director of Diagnostic Imaging and oversees the program. "Diagnostic tests, breast biopsies, ultrasounds and MRIs are also partially covered," she said. "Comfort bags for breast cancer patients and meals for CGH Medical Center chemotherapy patients are funded as well."

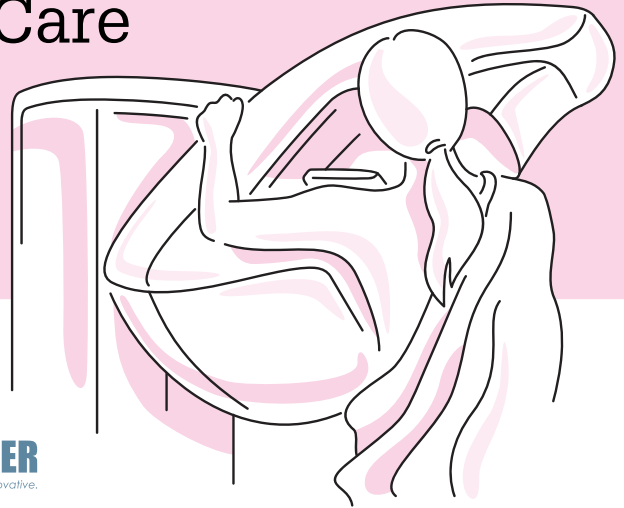
To donate or sponsor a basket, experience, service, dessert or gift card, please contact Lindsey Pistole at 815-878-7564, Gina Grennan at 815-716-6363, Kayla Brown at 815-499-5876 or Joan Hermes at 815-625-0400, ext. 5672. Items are now being accepted at 2600 N. Locust St. in Sterling.

Screening Mammograms: Why You Shouldn't Delay Care

Breast cancer symptoms, such as lumps or discharge, are sure signs that a woman needs to meet with her healthcare provider. But wouldn't it be better to find breast cancer when it's so small that it doesn't cause any symptoms at all?

"Screening mammograms play an important role in the detection of breast cancer, long before you or your doctor can feel a lump or tumor," said Erika Adams, CGH Diagnostic Imaging Clinical Coordinator and Breast Health Navigator. "The 3D mammography offered at CGH not only helps us distinguish harmless abnormalities from real tumors — leading to fewer callbacks and less anxiety for our patients — but it also allows our physicians to diagnose breast cancer at an earlier, more treatable stage."

Screening mammograms are recommended for women starting at age 40 and are typically repeated every 1–2 years. If you are under 40,



iStock.com/Dmitry Kovalchuk

be sure to discuss your family health history with your healthcare provider to determine when to schedule your first mammogram and how often you should have them.

"Even women who have no symptoms and no known risks for breast cancer should have regularly-scheduled mammograms," said Adams. "The earlier you find breast cancer, the better your chances are of beating it."

CGH offers no cost screening mammograms, diagnostic mammograms and breast ultrasounds for ALL women, with out-of-pocket costs covered by the CGH Health Foundation. If other testing is needed, additional financial assistance may be available, as well. To schedule your mammogram, call 815-625-0400, ext. 5550. Be sure to join us for our October Growing Healthier program with our Nurse Navigators. See page 12 for details.



CGH Resumes Therapy Dog Program

Wagging tails will become a familiar sight again throughout CGH Medical Center hallways, with dog teams lifting spirits of our patients and staff members.

"We are excited that the dogs and handlers are coming back," said Deb Keaschall, CGH Auxiliary Manager and Coordinator of the CGH Therapy Dog Program. "Due to COVID-19, we had to halt our visits which had proven so beneficial for all of us since 2012."

Animal-assisted therapy has many benefits, including reduction in pain levels and improvement in patient-staff communication. Volunteers enjoy sharing their dogs to provide comfort and joy for our patients. The program is sponsored by the CGH Health Foundation.



Do you think your pet has what it takes to be a CGH therapy dog? Go to cghmc.com/patients-visitors/therapy-dogs to review a checklist of requirements. Pre-screening includes a phone interview and evaluation, plus temperament testing. For more information, contact Deb Keaschall at 815-625-0400, ext. 5727.

gettyimages.com/monkeybusinessimages

Have You Heard?

According to the Hearing Loss Association of America, approximately 48 million Americans have some degree of hearing loss. "Hearing loss can be associated with balance problems, social isolation, depression, cardiovascular disease, diabetes and cognitive decline," said Laurie Zollinger, AuD, FAAA. "In addition, research shows that hearing aid users have fewer hospitalizations and emergency room visits."

Hearing loss is a medical condition that can be addressed by proper amplification or treatment by a physician. It is important to understand your unique hearing loss when making these treatment decisions.

The FDA has approved over-the-counter (OTC) hearing aids, available beginning in October. There is a difference between these devices and prescription hearing aids. OTC hearing aids will be "self-fitting" for adults who have a perceived mild to moderate hearing loss. The price is likely to be lower due to fewer programming options and lack of professional guidance for the fitting and maintenance.

Contrary to OTC hearing aids, prescription hearing aids are uniquely adjusted to your specific needs based on your comprehensive evaluation that details the type, severity and configuration of your hearing loss. If it is determined that a hearing aid is right for you, our Audiologists will fit you with a product that meets your audiological needs, style and financial preferences. Regardless of whether or not a product is purchased, our Doctors of Audiology provide hearing healthcare with extensive experience and training.

If you or a loved one is experiencing hearing loss, CGH is here to help. Visit cghmc.com/audiology for more information.



istock.com/ManBars

Meet Our New Audiologist



Jessica Birkey, AuD

CGH Medical Center is pleased to introduce Jessica Birkey, AuD. Birkey has joined Laurie Zollinger, AuD, FAAA, in our Audiology department as an Audiologist.

Birkey received her Doctor of Audiology and her Bachelor of Science degree in Communication Sciences and Disorders from Illinois State University in Normal. She completed an Audiology externship at OSF Illinois Neurological Institute in Peoria and is a member of the American Academy of Audiology.

Birkey is currently accepting new patients at CGH Main Clinic at 101 E. Miller Road, Sterling. To make an appointment, please call 815-625-4790.



CGH staff and community members gathered for a ribbon-cutting ceremony at the Oncology Open House on July 28.

Oncology Open House

CGH Medical Center held a ribbon cutting and public open house on July 28 to unveil the new Oncology Department, located at CGH Main Clinic, 101. E. Miller Road in Sterling.

Located on the 3rd floor of CGH Main Clinic, the new 7,680-square-foot department features nine exam rooms, 13 infusion bays, two drawing rooms and two treatment rooms.

For more information on the outstanding cancer care at CGH Medical Center, visit cghmc.com/services/cancer-care.

Calendar of Events

FALL 2022

For a full list of CGH events, visit cghmc.com/calendar.

BLOOD DRIVE

Thursdays, October 6 and December 1
9:30 AM–6 PM

CGH Ryberg Auditorium

100 E. LeFevre Road, Sterling, IL

To schedule an appointment, call

815-625-0400, ext. 6879 (Michelle) or **ext. 1057** (Bryan). Or visit bloodcenterimpact.org and use code 3591.

CHOLESTEROL AND GLUCOSE SCREENINGS

Tuesday, October 25; Thursday, November 17
6–9:20 AM

12-hour fast and appointment are required.

Cost is \$30. Call **815-625-0400, ext. 5716**.

BIRTHING CENTER CLASSES

Please sign up at reception in the CGH Main Clinic OB/Gynecology Department, call **815-625-0400, ext. 5504**, or visit cghmc.com/calendar.

SPINNING BABIES CLASS — NEW!

Wednesdays, October 19 and 26; November 2 and 9; December 7 and 14
4–7 PM

The Spinning Babies Parent Class highlights your baby's active role to rotate down and out of the pelvis. Call **815-625-0400, ext. 5504** to sign up. This class is free thanks to the CGH Health Foundation.

BIRTHING AND BABY BASICS

Fridays, October 14, November 4, December 9
5–8 PM

Instructor: Marcela Sproul, RN, IBCLC

Designed for moms in the second half of pregnancy and their coaches, these classes focus on everything you need to know about the labor and delivery process.

BREASTFEEDING CLASS

Fridays, October 21, November 11, December 16
5–7 PM

Instructor: Marcela Sproul, RN, IBCLC

Taught by our Lactation Consultant, this class shares everything you need to know about beginning breastfeeding.

CGH MEDICAL CENTER

100 E. LeFevre Road
Sterling, IL 61081

Non-profit Org.
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CGH Medical
Center

CGH-014

CGH MEDICAL CENTER AUXILIARY **VIRTUAL EVENT**
9TH ANNUAL HOLIDAY LIGHTING
Healthy & Bright

TUESDAY, NOV 15 • 7PM Watch the 15-minute program on our **CGH Facebook page** or our **CGH YouTube Channel**.   @cghmedicalcenter

Bright Lights for Bright Memories. The Auxiliary invites you to recognize those who make our lives a brighter place. For any donation amount, the names of loved ones will be shown during CGH's annual holiday lighting ceremony. Visit www.cghmc.com/HolidayLights for more information.

Growing Healthier
SPEAKER SERIES 



Join us for FREE programs featuring speakers on important health topics. All of our Growing Healthier programs will be available via the CGH Facebook page in Facebook Live format and hosted by William Bird, MD, VP & Chief Medical Officer. LIKE our Facebook page, and sign up for notifications! For more information, call **815-625-0400, ext. 5716**, or visit cghmc.com/growinghealthier.



October – Navigating the Breast Cancer Journey on Thursday, October 20, with Nurse Navigator Erika Adams, RN (DID), and Oncology Case Manager Summer Roots. Finding your way through a breast cancer diagnosis can be overwhelming. Learn how our Nurse Navigators advocate for your care and help patients with individualized care plans from initial consultation through treatment.



November – Dementia: Types, Testing and Treatment on Thursday, November 17, with Preeti Joseph, MD. Dementia is not a single disease; it's an overall term — like heart disease — that covers a wide range of specific medical conditions. Dr. Joseph will discuss the various types of dementia, as well as the latest testing and treatments available.



December – Sexual Health, Part 2 on Thursday, December 1, with Young Song, DO. Love, affection and intimacy all play a role in healthy relationships. Dr. Song will discuss men's and women's sexual health issues, such as desire mismatch and arousal non-concordance, that can affect us throughout our lives.