



Communique

July 1, 2021

A CGH Medical Center Publication

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CGH Auxiliary Vendor Sale,
Shoe Roads, August 16-17
- Yoga Class
- School Supply Drive

The CGH Health Foundation 2021 Annual Appeal campaign will be devoted to creating a multi-year collaborative approach to reducing childhood trauma for our area children.

One immediate strategy is to provide more outreach for OB patients through the free CGH Ways to Wellness Program counseling service. Some of our pregnant moms have had a particularly hard time during the pandemic. There has been a marked increase in the numbers of OB patients seeking help this past year, along with an increased need by patients overall.

Our Children. Our Future.



Dr. Jeff LeMay, left, shares a moment with his grandson and daughter, Oscar and Katie McCarthy.

The theme is "Our Children. Our Future," and the goal is \$450,000. Leading the campaign is Dr. Jeff LeMay, CGH OB/GYN physician. His cabinet leaders include Dr. Debra Bowman, CGH OB/GYN physician, Medical Division; Dana Wike, National Account Executive at Halo Branded Solutions; Sam Meier, Financial Advisor at Edward Jones, Club Division; and Mimi Hicks, CGH Daycare Manager, CGH Employee Division.

Counselors have noticed a rise in patients seeking counseling for postpartum depression, anxiety, failure to thrive, loss of a support person, miscarriage and stillbirth. Our CGH patients receive free counseling through the CGH Ways to Wellness Program. Patients visit in-person with Sinnissippi Centers mental health professionals or via phone call or Zoom.

An additional two days brings the program to seven days of care coordination, with one full day focused on OB patients. Christine Romesburg, QMPH, MSW, MBA; Julie Kirchhoff, BA, MHP; and Lakyn Waldschmidt, MHP, provide services at the CGH Main Clinic, Downtown Clinic, Dixon Clinic and Morrison Clinic.

"The extra days can help augment emotional support for pre- and postnatal patients as well as the many new individuals seeking help that have never needed it before," said Romesburg.

The fallout from the pandemic prompted a significant increase in patient visits from one fiscal year to the next. Two years ago, 688 patients sought help, and this past year, 998 individuals sought care. The counselors expect the trend to continue for some time.

There is a clear link between childhood trauma and health issues occurring later in life, such as obesity, heart problems, COPD, depression, anxiety, substance use and a shorter lifespan. Projects focused on children have long been a focus for the CGH Health Foundation.

CGH Auxiliary Donates Charging Station



Thank you to the CGH Auxiliary who recently donated a charging station to the new Behavioral Health Unit!

Pictured are **Dave Osborn**, Auxiliary President, and **Lynette Damhoff**, VP of Volunteer Services. The Auxiliary is always happy to help our staff, patients and visitors whenever possible, and we are very grateful for all they do!

Welcome New Employees

Jaden Vicks
HUC/CNA, Surgical

Aubrey Bush
LPN, Clinic Float

Molly Buck
CNA, Hospital Float

Hailey Kuciver
Food & Nutrition Assistant, Dietary

Katryna Cook
CNA, Hospital Float

Alexa Reynolds
Teacher's Aide, Daycare

Addisyn Krueger
HUC/CNA, Surgical

Vickie Mathis
RN, Clinic Float

Laura Jackson
Medical Assistant, Clinic Float

Carlin Schryver
Secretary, Laboratory

Alec Akerman
Summer Worker, Laundry

Hannah Schwenk
Food & Nutrition Assistant, Dietary

Rocio Arambula
Receptionist, Dixon Rheumatology

Susana Estrella
Teacher, Daycare

Sherry Cushing
RN, Neurology

Taylor Tetrick
RN, NICTC

Sam Brown
Food & Nutrition Assistant, Dietary

Renata Young
Phone Representative,
Business Services

Carter Kenney
Food & Nutrition Assistant, Dietary

Tanya Huffman
CNA, Medical Floor

Alex McDondell
CNA, Medical

Jamie Munther
Sterile Processing Tech,
Sterile Processing

Shyanne Johnson
CNA, Medical Floor

Stephanie Traff Glenn
Phlebotomist, Laboratory

Amanda Rick
Receptionist, Podiatry

Alexys Estrada
Food & Nutrition Assistant, Dietary

July 4 Holiday Hours

In observance of the July 4 Holiday, CGH Ready Care Clinic will be closed on Sunday, July 4 and Monday, July 5. The CGH Main Clinic and all outlying clinics will be closed on Monday, July 5.

For medical emergencies, please do not wait for care! Call 911 immediately or visit CGH Medical Center's Emergency Department. Have a safe and happy holiday!

Eating Away Your Will Power



Beyond Trim

Helping you lead a better and healthy life



Every time we make a decision, make a choice, or resist an impulse during the day, we use a little bit of our "will power" fuel.

Learn more at www.cghmc.com/beyondtrim as CGH health coach Sherry DeWalt discusses a few simple ways to refill your willpower tank in her newest article - "Eating Away at Your Will Power".



Thank You for Your Service

CGH Auxiliary member **Ron VanWyhe** recently retired after 13 years and over 2400 hours of volunteer service at CGH!

If you see Ron in the community, please thank him for all of the time he's given as part of the Auxiliary!

Thank you, Ron!



Dave Osborn & Ron VanWhye

Saving Lives



Tampico Police Chief Mike Lewis, right, and Sgt. Jim Hollaway, display the AED unit that was purchased last month for the Tampico Police Department squad car, through a donation by the CGH Health Foundation. The device helped save the life of a village resident just three days after it was received.

Cardiac Wellness is just one of 20 initiatives funded by the CGH Health Foundation. This year's special project is a focus on childhood trauma. For more information, or to make a gift, go to www.cghmc.com/giving-back.

CGH AUXILIARY GIFT SHOP



50% OFF!

**PATRIOTIC
YARD STAKES**

Yoga Class

Yoga class is being offered in the community room at 2600 N. Locust on Mondays at 5:15 p.m.

Class cost is \$5 and is approximately 60 minutes. If you have a yoga mat, please bring one. Wear comfortable, loose fitting clothing.



SAVE THE DATE:

**SHOE
ROADS**

Auxiliary Vendor Sale

AUGUST 16TH & 17TH



DROP OFF TO CGH BY AUG 1ST!!!

Supplies can be
dropped off in clinic
admin office or
hospital lobby front
desk

It's School supply drive
through at

RESTHAVE
CARE & REHABILITATION
408 Maple Ave, Morrison IL

Bring supplies into CGH by August 1st

Drive through at Resthave Thursday, August 12th
between 4pm and 6pm

Please consider donating the following items

Back packs	3 ring binders
Scissors	Scotch Tape
Colored pencils	Set of red pens
Yellow Highlighters	Book Covers
12 inch ruler (with inches & centimeters)	
Box of #2 pencils or mechanical pencils	
Box of black or blue pens	
Composition notebooks - wide ruled	
Plastic or strong paper Folders with pockets	
Hand held pencil sharpener	
Package of loose leaf paper—wide ruled	
Package of 3 x 5 white ruled index cards	

Don't want to
shop? Just
give us the
amount you
want to
spend and
we will do
the shopping
for you! Send
a check to
Resthave
with a note
for school
fundraiser or
call Karla at
815.535.6591.

**WE NEED
YOU!**

To help by
donating
supplies!



Sponsors

