



March 23, 2023

A CGH Medical Center Publication

Communique

COLORECTAL CANCER AWARENESS MONTH

A rise in colorectal cancer cases among young people has led the national guidelines for getting screened for colon cancer to age 45, rather than 50. March is National Colorectal Cancer Awareness Month. During this important month, CGH Digestive Health Services encourages people to learn more about colorectal cancer symptoms, risk factors, and screening options.

An estimated 153,020 people in the U.S. will be diagnosed with colorectal cancer and 52,550 will die from it this year, according to the American Cancer Society. Colorectal cancer is a term that includes colon cancer and rectal cancer. Colorectal cancer is the second deadliest and fourth most common form of cancer in the U.S. and affects both men and women. Most colorectal cancers develop in people above age 50, but more than one in 10 diagnoses are in younger people. In fact, cases of young-onset colorectal cancer are rising. Many people put off their routine screening exams during COVID.

45 IS THE NEW 50!

SCHEDULE YOUR COLONOSCOPY TODAY!

815-625-0400, ext. 5550

45 is the new recommended age to screen for colorectal cancer

If you are 45 or older and haven't had a colonoscopy, consider scheduling one today. Our gastroenterologists and highly trained certified professionals are here to protect and boost the health of your digestive system. For more information, please visit www.cghmc.com/gi. To schedule a colonoscopy, talk to your primary care provider or call ext. 5550.



IN THIS ISSUE

- On the Move
- National Doctors' Day
- Spotlight on Nursing
- Saturday Lab Hours
- Walk/Run Info
- Dementia Navigator
- Nursing Open House for New RN/LPN Graduates
- Readers' Choice Awards
- April Birthdays
- Blood Drive
- Masquerade Sale

ON THE MOVE



JOHN LUCKEY, MD & SHANNON SCROGGINS, APN, FNP-BC, FAMILY MEDICINE

Beginning Friday, March 31, **John Luckey, MD and Shannon Scroggins, APN, FNP-BC** will begin seeing patients at CGH Main Clinic on the 1st floor in the old Oncology department. Their previous space in the lower level at the Downtown Clinic will be used for expanded services at CGH Ready Care.

DIXON REHAB SERVICES

Effective Monday, April 3, **CGH Dixon Rehab Services** will be moving from their current space to inside the CGH Dixon Medical Center at 1321 North Galena Avenue.

SATURDAY LAB HOURS

Starting the first week of April, outpatient labs on Saturdays will no longer be available at the hospital. All outpatients needing lab services on Saturdays will be redirected to the Main Clinic Lab. **The CGH Main Clinic Lab is open on Saturdays from 6 to 10:30 am.**

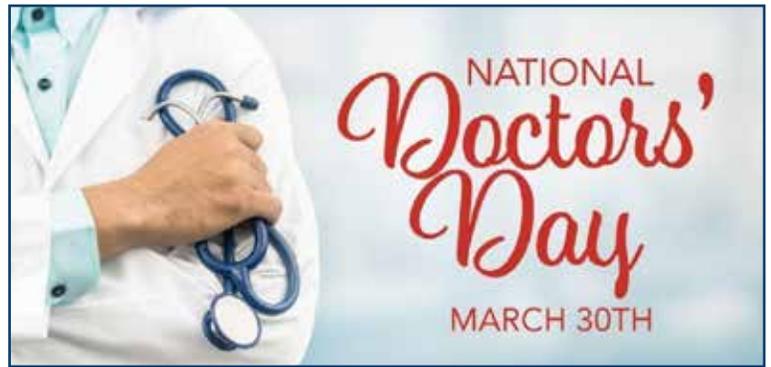


WALK/RUN INFO

As part of our commitment to health and wellness, and to involve employees in representing CGH in our communities, we will reimburse staff members for participating and/or forming teams to walk or run in local events.



For complete guidelines, reimbursement details, and a calendar of upcoming events, please visit CGH Heartbeat at www.heartbeatcgh.com/localevents. For questions, please contact Nicole Bollman at ext. 4422 or Dana McCoy at ext. 4580.



Tanya Gruber, RN Critical Care Unit

Fun facts about me:

I was born in Scotland and came to the States when I was 6. I moved to Sterling from Chicago when I was 23 to follow my dream of owning horses. I really think I was born in the wrong era. I am fascinated by people who can live off the grid and are completely self sufficient and tribal people who shun civilization. I just started learning to play the Ukulele!



My best career lesson:

Your work is what you make of it. If you have a good perspective and attitude, you will produce beautiful work. Have fun and laugh together with your colleagues away from work too!

3 words that describe me:

Silly, Passionate, Patient

When I'm not working, I enjoy:

Swimming, taking my daughters to see new places or try new things, talking with my animals and plants, and laughing with my wonderful husband.

What I like about my job:

Living my life with people. Sharing all the good times and sad times and letting all those experiences sink into my soul. You get to feel so deeply sometimes, it is truly a gift from God.

My job duties:

Helping people recover from illness in critical care. Nurse, advocate, mother, waitress, housekeeper, secretary...you name it, we do it! I also have been a preceptor to new hires for over 15 years, a role that I cherish and am very proud of.

DEMENTIA NAVIGATOR



Beth Sterk

Starting March 27, new **CGH Dementia Navigator Beth Sterk** will begin assisting area individuals and families affected by dementia in identifying support services and resources.

After March 27, she can be reached at (815) 625-0400, ext. 3977, or via email at beth.sterk@cghmc.com.

Her passion for dementia care began over 20 years ago when she received her first training in Alzheimers disease education. Beth has over 30 years professional experience in senior care-related resources and holds a national certification in Informational/Referral Resources for Aging and Disabilities. "I am honored and humbled to engage, assist, and encourage families as we navigate their challenging personal journeys together," she said.

The new role is being funded by the CGH Health Foundation as part of the past year's focus on raising awareness about dementia and the devastating impact it has on families. Beth will work closely with those patients referred by CGH neurologists and primary care physicians, but welcomes any requests for help from staff.

"We want our patients to know we are here for them, that we've got their backs as they move along this debilitating journey," said Dr. Eric Kuhns, a CGH primary care physician and CGH Health Foundation Medical Division Annual Appeal campaign chair.

"So much of what I witness as a provider is that families are not equipped for the day-to-day caregiving role nor to find resources and this eventually leads to caregiver burnout," Dr. Kuhns said. "With the help of the Foundation, we are going to lend a hand to make sure our patients and caregivers get some relief in knowing what steps to take."

Beth will be the liaison between providers and patients upon diagnosis, working to identify potential options for care planning and community resources. The navigator will educate patients and families on what to expect and assist in developing a plan of action.

She will provide information on area Dementia Caregiver Support Groups. Beth is a trained Alzheimer's Association volunteer and co-leads a support group at Morningside. One of her goals is to create a directory of services/resources.

For more information, contact Foundation Executive Director Joan Hermes at (815) 625-0400, ext. 5672, or email her at joan.hermes@cghmc.com.

SAVE THE DATE!

**CGH Health Foundation Virtual Auction
May 2-5, 2023**

Watch for more information coming soon!



NURSING OPEN HOUSE

FOR NEW RN/LPN GRADUATES

MARCH 28, 2023 • 5 - 7 PM

CGH Main Clinic Lobby
101 East Miller Road, Sterling



Excellent
Benefit Package



Sign on
bonuses



Paid
Time Off



Continuing
Education Support



To RSVP or for more info contact,
Jennifer Grobe
(815) 625-0400, ext. 5870
jennifer.grobe@cghmc.com

READERS' CHOICE AWARDS

Congratulations to **CGH Helping Hands Daycare** and **CGH Vision Centers** for winning Sauk Valley Media 2023 Reader's Choice Awards. CGH Helping Hands Daycare received **First Place** for **Favorite Children's Daycare**, while **CGH Vision Centers** received **First Place** for **Favorite Place to Purchase Eyeglasses**.



CGH Helping Hands Daycare



CGH Dixon Vision Center



CGH Sterling Vision Center

APRIL BIRTHDAYS

1	Rose Bass	14	Brandon Dewey
1	Skyler DeLaFuenta	15	Debbie Pratt
1	Susan Eyrich	15	Tammy Vinson
1	Amanda Fulkerson	15	Cindy Zander
1	Renee Stach	16	Kristin Alumbaugh
2	Christopher Gale	16	Amber Clark
2	Jill Halverson	16	Rosemary Gittleson
2	Sarah Prowant	16	Robin Klenz
3	Evan Cooper	16	Leah Landis
3	Angelica Dornes	17	Amanda Blasdell
3	Kenneth Masters	17	Tara Celletti
3	Jessica Raber	17	Paige Lally
3	Danica Rosene	17	Lisa Lazar
3	Esther Salazar	17	Lyndi Lemay
3	Lauren Williams	18	Saleh Hatoum
4	Kayla Magill	18	Bryan Kemker
4	Dawn Mayes	18	Serena Lahey
4	Nedim Tefiku	19	Melissa Brooks
5	Linda Baker	19	Evelin Marquez
5	Tyler Lawson	20	Wendy Burke
5	Tiffany Marquez	20	Karl Drucklieb
6	Mirrna Barrientos	20	Randy Foster
6	Bianey Cardenas	20	Jobelle Gamboa
6	Andrea Ferguson	20	Ariane Jocknevich
6	Tanja Gruber	20	Heather Wakefield
6	Eddie Pruis	21	Andrea Castanon
6	Frelea Tiongson	21	Amie Stoecker
6	Greta Van Weelden	21	Shawna Winstead
6	Amy Widolff	22	Ashlea Canady
6	Erica Wyckstandt	22	Taylor Hockman
7	Cari Johnson	22	Glenna Lawson
7	Marsha Malburg	22	Alicia Wetzell
7	Karen McNinch	23	Mary Devine
7	Jorge Monteagudo	24	Barbara Smith
7	Diane Shipman	24	Patricia VanDrew
8	Debra Bowman	24	Kim Wolfe
8	Lacy Renner	25	Amanda Dawson
9	Andrea Fry	25	Jaini Driscoll
9	Kimberly Peikert	26	Sabrina Allen
9	Henri Stewart	26	Danielle Baker
10	Promise Chambers	26	Dylan Scudder
10	Lynette Ebersole	27	Melinda Brainerd
10	Kerri Stover	27	Michelle Wiersema
10	Mikayla Watkins	28	Alexandrea Brady
11	Karley Bonnell	28	Jennifer Grobe
11	Payton Pratt	28	Jennifer Rodriguez
11	Suzette Schriener	28	Heather Widolff
11	Paul Steinke	29	Alicia Fritz
12	Julie Donovan	29	Virginia Heal
12	Chloe Everly	29	Gregory Kowal
12	Sondra Heidenreich	29	Mary Matthews
12	Aubree Johnson	29	Tim Pashon
12	Karri Kloeping	29	Tarah Pyse
12	Alexa Reynolds	30	Steven Adee
12	Breanna Schroeder	30	Tammy Heslop
12	Gina Stanley	30	Amy Waldschmidt
13	Paige Jackson	30	Dena Wheeler
13	Andrew Jacobs		
14	Rachel Deets		



BLOOD DRIVE

BLOODCENTER.ORG



Thursday, April 6 9:30am – 6:00pm

2600 N. Locust Conference Room – 2600 N. Locust St.

MASKS ARE OPTIONAL. APPOINTMENTS ARE REQUIRED.

To schedule, please scan the QR code or call 815-625-0400; x6879 for Michelle or x1057 for Bryan



Nothing cooler than saving lives! Give and get a 20-can cooler tote or a gift card.



SCAN ME!

Please eat before donating and bring Photo ID.
Last Date to Donate Elsewhere: 2/9/23
Group Sponsor Code: 3591

 **ImpactLife**

Masquerade™

\$5 JEWELRY & ACCESSORIES SALE

Monday, April 17th 7am-5pm

Tuesday, April 18th 7am-2pm

CGH MAIN CLINIC LOBBY

SPONSORED BY THE CGH AUXILIARY