



Communique

March 11, 2021

A CGH Medical Center Publication

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CGH Celebrates Colorectal Cancer Month: DHC and GI Staff Offer Exceptional Digestive Health Care

Digestive disorders can impact your overall health. At CGH Medical Center, our Digestive Health professionals have extensive training in preventing, diagnosing and treating diseases of the digestive system. CGH is celebrating the compassionate work of those who care for our GI patients. Thank you to the CGH Digestive Health Center; Gastroenterology nurses; Cara Phalen, PA-C, MS; Concha Sitter, MS, APN, FNP-BC, CGRN; Jaziel Chavira, FNP-C; and Dr. Jorge Monteagudo for working together to encircle our patients with exceptional care.



CGH Digestive Health Center Staff



CGH Main Clinic Gastroenterology Staff

Colorectal cancer is the third most-commonly diagnosed cancer and the second-leading cause of cancer death in men and women combined in the United States. In its early stages, colorectal cancer is very treatable, with a five-year survival rate of 90%, making it highly stoppable and preventable through early detection. On average, the lifetime risk of developing colorectal cancer is about one in 23 for men and one in 25 for women; however, this varies widely according to individual risk factors. The American Cancer Society estimates that there will be 149,500 new cases this year, which is up from 147,950 in 2020, with approximately 52,980 dying this year from the disease (down from 53,200 in 2020).

COVID-19 slowed us down in 2020, which is why it's more important than ever to be sure you're up to date with screening and aware of the signs and symptoms of colorectal cancer. The pandemic delayed the diagnosis and treatment of cancer in 2020. This means we expect to see a short-term drop in cancer incidence, followed by an increase in advanced-stage disease, and ultimately, mortality.

Don't be a statistic. Get screened!



Dr. Jorge Monteagudo

Scholarship Deadlines

Scholarship application deadlines are on the horizon for CGH Auxiliary and CGH Health Foundation grants.

It's easy to apply by going to cghmc.com/scholarships. There is one application for the Foundation and one application for the Auxiliary, with a **deadline of Thursday, April 1 for the Auxiliary and Tuesday, June 15 for the Foundation.**

CGH Auxiliary Scholarships

The CGH Auxiliary awards several \$1,000 scholarships to students who reside in the CGH service area. Students must have been accepted into their professional school of healthcare study and meet the criteria established by the Auxiliary.

Please return completed form, found at www.cghmc.com/scholarships, to CGH Medical Center Auxiliary office or employee mailbox by **5 p.m. on Thursday, April 1**. Contact Deb Keaschall, ext. 5727, for more information.

CGH Health Foundation Scholarships

There are five nursing/healthcare scholarships available with just one application. Awards range from \$1,000 to \$3,000. Residents of the CGH service area are eligible, including individuals living in Whiteside, Lee, Ogle, Carroll and Bureau counties.

Go to Lifeline/CGH Health Foundation/Internal Site/Scholarship forms to download the application. Or go to www.cghmc.com/scholarships. Scan completed forms to Foundation Executive Director Joan Hermes at Joan.Hermes@cghmc.com by **5 p.m. on Tuesday, June 15**, drop off at 2600 N. Locust Street, Suite B or put in the Foundation mailbox.



In Praise of Potatoes



Beyond Trim

Helping you lead a better and healthy life



Corned beef and cabbage get a lot of attention this time of year, but the potato is the real star of the Irish dinner plate. As with Ireland, the potato is also a staple in the United States. In fact, it is the most widely consumed vegetable. Unfortunately, most people eat them in the unhealthiest forms possible. Enjoy this week's Beyond Trim column "In Praise of Potatoes" from CGH Health Coach Sherry DeWalt by visiting www.cghmc.com/beyondtrim.



Your giving makes good things happen!

Did you know the CGH Ways to Wellness Program counseling service for our patients is funded by the CGH Health Foundation?

Available since 2016, our CGH patients receive free counseling, whether in-person, via phone call or Zoom, as provided by Sinnissippi Centers mental health professionals. Nearly 700 individuals have been seen already this fiscal year. Both Christine Romesburg, QMPH, MSW, MBA, and Julie Kirchhoff, BA, MHP, are available. Both offer expert assessment, brief targeted intervention, and individual therapy for social, emotional and environmental issues in partnership with Sinnissippi Centers.



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Thank You

Thank you to the CGH Employee Caring Fund for the Willow Tree arrangements you sent when our father and grandfather passed away. Thank you to our co-workers and everyone for all the thoughts, prayers and phone calls we received during his hospital stay and passing.

Roxane Gluff, Outpatient PT, **Ronda Davison**, CGH Morrison and **Erica Heaton**, Family Practice



Employee OPENHOUSE Behavioral Health Unit

Wednesday, March 24 • 11 am - 1 pm

You are cordially invited to an Employee Open House of our newly completed **Behavioral Health Unit**. Come meet the staff and tour the new 10-bed unit, which is set to open for patients in April.

Please Note:
If you are unable to attend the Open House on March 24, tune into our Facebook Live on Thursday, March 18 at 12 noon. Dr. Bill Bird will be joined by Lorri Mostad, NP and Sarah Alvarez-Brown, Emergency Department Director to tour and discuss the Behavioral Health Unit.

Staff Lending Library



The Awards/Recognition and Wellness Subcommittee of the Shared Governance Committee is sponsoring a staff lending library. The bookcase is located in the back of the cafeteria. Staff visiting the library can leave ONE book and take ONE book. Please allow one person at a time in the library and sanitize appropriately before and after use. In order to be able to continue to enjoy this opportunity, please do not leave boxes of books - only bring one book at a time.

Refer any questions or suggestions to Dawn Hartman in Cardiolab or Stephanie Waller in DHC.

Heartfelt Thanks



Sending heartfelt thanks to retired CGH Environmental Services staff member, June Purvis, who provided cake and cookies for staff members assisting with our COVID vaccine clinic on March 5!



Thank you to the CGHers pictured above who gave up their weekend to help fight COVID at our vaccine clinic on March 6.



This is our **SHOT**
to get back to
NORMAL

WWW.CGHMC.COM/COVID19VACCINE



Masquerade™

\$5 JEWELRY & ACCESSORIES **SALE**

RYBERG AUDITORIUM

MONDAY, MARCH 15TH 7AM - 5PM

TUESDAY, MARCH 16TH 7AM- 3PM

SPONSORED BY CGH AUXILIARY

*Cash, Debit/Credit Cards
and Payroll Deduct Accepted*

ByeBye20# Health Initiative

The CGH Health Foundation's ByeBye20# Facebook group has over 202 members and continues to grow!



BYE BYE 20#
CGH Health Foundation

Group members enjoy daily posts targeted at achieving and maintaining a healthy body weight from partners like the Sterling Rock Falls Family YMCA, the Sterling Park District, 7:24 Fitness on the Rock, Central Park Yoga, and the Food, Fitness, You kitchen. Members are also eligible for weekly prize drawings and exclusive offers. The learning and the fun go on until the end of June, so it's not too late to join.

Use this link to find us:
<https://www.facebook.com/groups/777326186193734>.

HAPPY

St. Patrick's

DAY