



Communique

May 9, 2019

A CGH Medical Center Publication

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Hearing Loss Common Across the Age Spectrum, From Infants to Seniors

From newborns to adults, hearing loss affects Americans of all ages—but early intervention and treatment is routinely not occurring despite the potentially serious impact hearing loss can have on a person's life. CGH Medical Center Audiologists Mary Martin, AuD, FAAA and Laurie Zollinger, AuD, FAAA, encourage the public to learn the signs of hearing loss and seek an evaluation if they have concerns—a timely message because May is recognized nationally as **Better Hearing & Speech Month**.

About 2 to 3 out of every 1,000 children in the United States are born with a detectable level of hearing loss in one or both ears; almost 15% of children ages 6–19 have hearing loss in one or both ears; and approximately 15% of American adults (37.5 million) ages 18 and older report

some trouble hearing, according to government data. Although nearly all newborns are getting their hearing screened, many who are flagged with a potential hearing problem are not getting the follow-up care that they need. When it comes to adults, only approximately 1 in 7 (14%) over the age of 50 with a hearing loss who could benefit from amplification uses a hearing aid.

"For children and adults alike, there are a variety of intervention and treatment options," said CGH Audiologists Martin and Zollinger. "It is important to address hearing loss early, as hearing loss uniquely affects people of all ages when left unaddressed."

May is Better Hearing & Speech Month



COMMUNICATION ACROSS THE LIFESPAN

Better Hearing & Speech Month



Pictured above from left to right are CGH Audiologists Laurie Zollinger and Mary Martin; and Speech Pathologists Penny Hammer, Lyndi LeMay, Staci Dirks, Erika Smith and Julie Penne.

Whether it's a young child who misses the language exposure that is critical to their brain and communication development—potentially cascading into a lifetime of future academic and social challenges—to adults who experience career, social, and quality-of-life issues as well as a variety of other co-occurring health challenges, ignoring hearing loss is ill-advised.

Are you, a family member, or a friend having difficulty speaking or hearing? The speech-language pathologists and audiologists at CGH Medical Center can provide life-altering treatments for people of all ages. Talk to your doctor today or call 815-625-4790 to schedule an appointment. Meanwhile, watch your email for Friday Fun Facts from the field of speech-language pathology, and stop by the display outside the cafeteria for more information about the speech-language pathology and audiology services here at CGH.

Cheri Bustos Visit



Pictured above from left to right are Sterling Mayor Skip Lee; Dana McCoy, Marketing Director; Ben Schaab, CFO; Congresswoman Cheri Bustos; Dr. Paul Steinke, CEO; Kristie Geil, CNO; and Ken Koerner, Director of Patient Accounts.

US Congresswoman Cheri Bustos spent a few minutes of her busy day visiting CGH Medical Center on Friday morning, May 3.



Cheri Bustos and Emergency Department Director, Sarah Alvarez-Brown, discuss treatment of the growing number of opioid patients coming in to the Emergency Department weekly.

She toured the Emergency Department and the hospital, met with CGH Medical Center administrators, leaders, and Sterling's mayor, Skip Lee, to discuss current topics effecting rural hospitals, and healthcare challenges in general. Some hot topics discussed included federally mandated regulations, the growing need for more psychiatric care, government reimbursement to rural hospitals, the area's aging population, and the opioid crisis.

Softball Tournament • May 11



CGH will be participating in the Illinois Valley Hospital Association softball tournament this weekend. CGH has participated for the past several years, and currently holds the champion title – 3 years in a row! This year's softball tournament is hosted by Perry Memorial Hospital will be played in **Princeton** at **Zearing Park** on **Saturday, May 11** and will begin around **9 a.m.**

Good luck to all Team CGH players!

CGH Medical Center

Celebrates NATIONAL NURSES WEEK 2019

National Nurses Week is a time for everyone in our community - patients, employers, and other healthcare professionals - to recognize and celebrate the vast contributions and positive impact that nurses have on our health and in our community every day.

Our nurses are advocates and healers, committing themselves to the ongoing pursuit of knowledge and accepting ever-changing roles in their profession. They go beyond hospital walls when caring for others – acting with compassion, kindness, and dignity toward their patients, neighbors, family, friends, and strangers.

In honor of their caring attitude, teamwork and commitment to excellence, we celebrate our nurses and thank them for the quality work they provide all year round. You truly are...

The Heartbeat of Healthcare

Lab Community Service



The CGH Laboratory completed a community service project during Lab Week. They joined with the Whiteside County United Way "Feed the Kids Program" which utilizes donations of peanut butter, jelly and sandwich bags to help feed kids during the summer time. During Lab Week, the lab staff collected 4050 sandwich bags, 65.13 pounds of grape jelly and 87.75 pounds of peanut butter!

CGH Health Foundation Silent Auction - Tomorrow!

The CGH Health Foundation Silent Auction is TOMORROW, May 10 from 7 am-3:30 pm. Don't forget to come down to the Ryberg, and Classrooms 1 and 2 to check out our baskets!

Winning bids will be circled at 3:30 p.m. sharp. Payroll deduct, cash, checks, credit/debit cards are accepted. Offsites can call/text (815) 671-1864 or (815) 973-6815 to place bids. To view photos of each basket, visit Heartbeat CGH at www.heartbeatcgh.com/silentauction. (Please note that more photos will be added later today.)

If you are a winner, please pick up your basket tomorrow at 3:45 p.m. or on Monday from 9 to 10 a.m. in Classroom 2.

There will also be a 50/50 Raffle. Raffle tickets are 1 for \$1 or 6 for \$5, with drawing to be held at 3 pm on Friday, May 10.

Stop by the pledge table to make your annual gift. You will receive a special gift just for making a pledge to the 2019 Annual Appeal! Our feature project is to provide \$50,000 for the new CGH Peds Rehab Center.



Remember to purchase a Chicago Cubs Raffle Ticket!!

You could win a 4-pack of tickets to the home game at Wrigley Field against the Pittsburgh Pirates on **Sunday, July 14 at 1:20 pm**. Tickets are \$10 each. The winner will be drawn on Friday, May 31.



#101 Garden Delights
Donated by Lab

CGH Pediatric Rehab Move

CGH Pediatric Rehab is proud to announce that they recently moved from the CGH Locust Street Medical Center to Suite D at 2600 N. Locust in Sterling. They are now neighbors to Dr. Coyle, the CGH Health Foundation and CGH Marketing.



BLOOD DRIVE

CGH Medical Center

Thursday, June 6

9:30 am to 7:00 pm in the Ryberg Auditorium
100 E. LeFevre Road, Sterling

To sign up, call Michelle at 815-625-4790 x6879
or Connie at 815-625-0400 x5425

Last Date to Donate Elsewhere: April 11
Please eat before donating.

* Please bring a Photo ID or CGH badge. You will not be allowed to donate without it! *



All presenting donors will receive a voucher for a \$10 Gift Card to Amazon.com, Casey's General Store, Dairy Queen or Domino's!

BLOODCENTER.ORG



CGH Main Clinic Welcomes Jackie Greve, APRN, FNP, NP-C Pediatrics

We are pleased to announce that Jackie Greve, APRN, FNP, NP-C has joined Warren Cannell, MD and Rita Hart, DO in the Pediatrics department at CGH Main Clinic. In addition to providing routine healthcare for infants, children, and adolescents, Jackie will provide pediatric allergy testing under the supervision of a CGH physician.

A CGH employee for ten years, Jackie Greve received her ADN from Sauk Valley Community College in Dixon, and both her BSN and MS from Chamberlain University in Downers Grove.

Her certifications include: APRN (Advance Practice Registered Nurse), FNP (Family Nurse Practitioner), NP-C (American Academy of Nurse Practitioners Certification), BLS (Basic Life Support), PALS (Pediatric Advanced Life Support), and ACLS (Advanced Cardiac Life Support).



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MAY 2019

Employee of the Month



Matt Karingada
MD, Hospitalist



I live in: Chicago

Joined CGH on: February 28, 2018

Education: Undergraduate from the University of Illinois at Chicago and MD from Saba University

Proudest Achievement: Changing careers and pursuing my dream to become a physician

Hobbies: Spending time with Logan, my 4-legged best friend; playing sports; reading; home improvement; working on cars; traveling; and exploring new neighborhoods in Chicago

Dr. Karingada is always very respectful, professional, and is always focused on the well-being of his patients first and foremost. Most recently, we had a patient on Medical Floor that was deteriorating. She was sitting in the recliner and looked uncomfortable and needed to get back into bed right away. This patient was unable to walk or transfer back into the bed independently. She required a two-person assist and only having one in the room at the time, Dr. Karingada could tell this patient needed to be moved immediately. He jumped right in and picked the patient up, cradling her in his arms and placed her gently and safely back in her bed. The family of the patient was in the room and were very touched by his compassion and willingness to jump right in and help.

We congratulate him on being chosen May's Employee of the Month.

Purpose, Worthwhile Work, Making a Difference!

Hospital Happenings

Blood Pressure and Blood Sugar Screenings

Screenings are held on the first Thursday of the month (**June 6**) from **8 to 9:30 a.m.** in the CGH Main Clinic lobby; second Thursdays (**May 13**), from **11:30 a.m.** to **1 p.m.** in the CGH Medical Center lobby; third Thursdays (**May 16, June 20**), from **3 to 4:30 p.m.** at County Market in Sterling; and third Fridays (**May 17, June 21**) at Westwood Fitness & Sports Center from **8 to 9:30 a.m.**



Plant Based Lunch Group

Are you interested in eating a more plant based diet? Join our "Lunch Pod". This plant based luncheon will be held on the **4th Friday** of every month at **11:30 a.m.** in the Ryberg. Lunch is prepared by CGH dietary staff at a cost \$5.00 per person. Also included is a short educational video about plant based lifestyles. RSVP's required. Please RSVP to Sherry DeWalt at ext. 5716.

Yoga

Yoga class is offered in the CGH Ryberg on **Mondays at 5:15 p.m.** The instructor is Jennifer Sleeman and the cost is \$5 per class. Class length is approximately 60 minutes and is open to anyone. If you have a yoga mat, please bring one. Wear comfortable, loose fitting clothing. Yoga is traditionally performed in bare feet.



Graduation Announcements

Do you have a special graduate you would like to honor? We will again put together a special "Graduation Insert" in a June issue of *Communique* and are accepting graduation announcements.



Please submit the following to **Nicole Bollman** in Marketing:

- Name(s) of your graduates – again this year we will **ONLY** be listing **immediate family members** (self, spouse and children) from High School, college and beyond. We will not be listing preschool, kindergarten and eighth grade graduations due to space limitations.
- The name of the high school or college they are graduating from and with what degree (*if applicable*)
- The names of the graduate's parents, and what department you work in.

