



# Communique

June 6, 2019

A CGH Medical Center Publication

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## CGH Wound Healing Center Participates in Wound Care Awareness Week

The CGH Wound Healing Center, a member of the Healogics network, is helping raise awareness of chronic wounds during the sixth annual Wound Care Awareness Week, being held from June 3 to June 7. Wound Care Awareness Week brings attention to the chronic wound epidemic and the 6.7 million Americans who are currently living with non-healing wounds. Program Directors across the nation have dedicated the entire week to educating physicians, patients and the general public about the chronic wound epidemic and the advanced wound care solutions available. The CGH Wound Healing Center offers advanced therapies to patients suffering from chronic wounds.

"While there are already millions of people living with chronic wounds, the incidence is rising, fueled by an aging population and increasing rates of diseases and conditions such as diabetes, obesity and the late effects of radiation therapy," said CGH Wound Healing Program Director, Anna Reynolds. "If left untreated, chronic wounds can lead to diminished quality of life and possibly amputation of the affected limb. Even more alarmingly, 50 percent of people die within five years of amputation."

To support the growing population of people living with chronic wounds, the CGH Wound Healing Center, in partnership with Healogics, offers an evidence-based, systematic approach to advanced wound care. A patient's individualized treatment plan may include specialized wound dressings, debridement, compression therapy, hyperbaric oxygen therapy, advanced cellular products and topical growth factors, edema management and/or non-invasive vascular assessment. These treatments are the result of a team approach between the Center's physicians, nurses and the patient's physician. A treatment plan is developed and scheduled based on the patient's needs. Once treatment is complete, the patient will return to their primary physician to continue routine care.

People with wounds that have not improved after 30 days with traditional methods of treatment may benefit from a visit to the CGH Wound Healing Center. No referral is needed to make an appointment. For questions, or to schedule an appointment, please call 815-564-4002 or visit [www.cghmc.com/woundhealing](http://www.cghmc.com/woundhealing).



## WOUND CARE AWARENESS

June 3 - 7, 2019

67 million Americans are living with chronic wounds...  
don't be one of them!



### Who could be affected?





## CGH Main Clinic Welcomes Erika Stach, MSN, FNP-BC Vascular Surgery

We are pleased to announce that Erika Stach, MSN, FNP-BC has joined Dr. Thomas King in the Vascular Surgery department at CGH Main Clinic. Erika most recently worked as an RN at Advocate Healthcare in Oakbrook but previously worked at CGH as an RN in the Critical Care Unit (2007-2012) and on Surgical floor (2002-04).

Erika received her MSN from the University of St. Francis, her BSN from University of Phoenix, and her ADN from Sauk Valley Community College. She is a board certified Family Nurse Practitioner by the American Nurses Credentialing Center and is certified in Basic Life Support and Advanced Cardiac Life Support.



101 E Miller Rd, Sterling, IL  
(815) 625-4790  
www.cghmc.com

## Cubs Raffle Ticket Winner

Congratulations to **Josh Willman**, husband of **Dawn Willman** (Daycare) who won the 4-pack of tickets to the Sunday, July 14 Chicago Cubs vs. Pittsburgh Pirates game. Proceeds from the drawing went to the CGH Health Foundation's Annual Appeal employee campaign. Special thanks to all who participated in the drawing.



## CGH Ways to Wellness Chronic Illness Support Group

Focused on Positive Coping with Chronic Health Conditions

### The Power of Togetherness

A chronic illness is defined as an illness that is persistent or long lasting. When you're first diagnosed with a chronic illness, it's easy to feel overwhelmed. It can be difficult to cope with, and you may feel like you're totally alone in fighting the battle. But the truth is, there are people out there just like you, and with the right support and education, you can adjust to living with a chronic condition.

Sessions are held the first Monday of each month at 11 a.m. in Classroom 2 at CGH Medical Center, 100 E. LeFevre Rd, Sterling.

All sessions are **FREE** and open to the public.



Presented by:  
**Christine Romesburg, MHP**

CGH Ways to Wellness  
Care Coordinator

RSVP to Christine at

• 815.625.4790,  
ext. 1916 (office)

• 815.440.3574 (cell)

• or visit  
www.cghmc.com/  
calendar

The CGH Chronic Illness Support Group is held the first Monday of each month and is provided as a service of the CGH Health Foundation in partnership with Suncoast Centers.

- **Monday, July 1**  
Solving Problems, Managing Depressive Thinking and Managing Anger
- **Monday, August 5**  
Relationship Building, Life Changes and Pain
- **Monday, September 9**  
Sleep and Physical Activity
- **Monday, October 7**  
Nutrition and Health Conditions



## 90th Birthday Celebrations



CGH Auxiliary volunteers **Viola Koster** (left) and **Lyla Pope** (right) recently celebrated their 90th birthdays.

**Viola Koster** turned 90 years old in April. She has been volunteering for 35 years on Saturdays and has missed very few over the years. She has served over 5400 hours during her time here at CGH.

**Lyla Pope** celebrated her 90th birthday last week. Dr. Bill Bird gathered several Auxiliary members to sing to her. She has been volunteering here for a long time with over 9600 hours given to CGH.

**Congratulations, Viola and Lyla, on your 90th birthdays and thank you for your dedication and service to CGH Medical Center!**





## Human Resources Move

Please note that effective this week, Human Resources has moved to the Main Clinic. Their new office is located on the first floor on the north east side of the clinic. The entrance to Human Resources is east of the EMS classroom.

*Shoe Sale!  
Save the Date!*

Shoe Roads Productions  
August 5 & 6 from 7am - 4 pm  
CGH Auxiliary Fundraiser  
Ryberg Auditorium

## HNHN July Challenge

Watch for more information on the Healthy Nurse Healthy Nation Walking Challenge, which will run July 1 through July 30.



Healthy Nurse Healthy Nation is an initiative to connect and engage nurses, employers, and organizations

around improving health in five areas: physical activity, nutrition, rest, quality of life and safety. You don't have to be a nurse to join! Please visit the following link to learn more: [www.healthynursehealthynation.org](http://www.healthynursehealthynation.org).



Watch for the 2019 Summer Scholars in the June 20 Issue of *Communique*!

## Growing Healthier Speaker Series *Dialogue that Makes a Difference*

**Get to Know Kidney Stones**

**Tuesday, June 18 at 6 p.m.**

*Presented by Kevin Rogers, MSN, NP-C*

CGH Ryberg Auditorium, 100 E. LeFevre Road, Sterling, IL

Registration appreciated but not required. To register, visit [www.cghmc.com/growinghealthier](http://www.cghmc.com/growinghealthier) or call (815) 625-0400 ext. 5716 for more information.



Find us on Facebook

Or visit us at: [www.cghmc.com/foundation](http://www.cghmc.com/foundation)



# JUNE 2019

## Employee of the Month



**Louie Camacho**  
Procurement Coordinator,  
Materials Management



**I live in:** Sterling

**Joined CGH on:** June 1, 2010

**Education:** University of Central Florida, BA in Business Administration/Marketing

**Family:** Wife, Rachel; daughter, Carmen (12); son, Landon (7); dogs, Rudy and Ryder

**Proudest Achievement:** Graduating from UCF and my amazing kids

**Hobbies:** Spending time with family, sports, "Japanese" gardening, hunting, fishing, eating, cooking and traveling

Louie always answers the phone "with a smile." He quickly responds to requests, sends pictures/examples, and answers all my questions without ever sounding like his is too busy for me.

It is so refreshing to have someone like him on the other end of a conversation! I know he is very busy and bombarded with requests but I wouldn't ever be able to tell it by the way he talks to me. He is an asset to CGH and a great example of all of the Standards of Behavior and the CGH Mission.

~ Kathy Milby, Director of Maternal Child Services

**We congratulate him on being chosen June'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 (**August 1**) from **8 to 9:30 a.m.** in the CGH Main Clinic lobby; second Thursdays (**June 13, July 11, August 8**), from **11:30 a.m. to 1 p.m.** in the CGH Medical Center lobby; third Thursdays (**June 20, July 18, August 15**), from **3 to 4:30 p.m.** at County Market in Sterling; and third Fridays (**June 21, July 19, August 16**) 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.

