



Communique

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A CGH Medical Center Publication

In This Issue:

- CGH Pulmonary Rehabilitation Recertification
- July New Employees
- CGH Reagan Run Team
- August 1 Blood Drive
- Kids Count...Superheroes Wanted
- CGH Health Foundation Meat Sale
- August Birthdays
- CGH Auxiliary Gift Shop Sale
- HNH Employee Farmer's Market
- Shoe Roads Productions

Wound Healing Center Employees Celebrate 1 Year Anniversary of Kidney Donation

"I'm a match," Jen Tompkins, RN, whispered with a smile into the ear of her coworker, Terri Miller. "I'm a match!"

Friends for over 18 years, and now coworkers at the CGH Wound Healing Center, the news brought Terri to tears as she couldn't believe what she was hearing. Terri, who was diagnosed in early 2016 with lupus - an autoimmune disease that occurs when your body's immune system attacks your own tissues and organs - had been added to the Illinois Kidney Transplant List when it was discovered that she had stage 5 kidney disease.

"I came into the hospital with pneumonia, was sent to Rockford for additional care, and ended up starting dialysis at that same visit," Terri said. "Dialysis is a way of cleaning your blood when your kidneys can no longer do the job. It gets rid of your body's wastes, extra salt and water, and helps to control your blood pressure. They removed 86 pounds of fluid from my body while I was there. From that point on, I started peritoneal dialysis."



Jen Tompkins and Terri Miller

After Terri was accepted to the transplant list, Terri and Jen had numerous conversations about kidney donation. Jen was working full time, still nursing her youngest child, and going to school but offered to be tested once she was no longer nursing. In the spring of 2018, Jennifer decided it was time and convinced her husband, Justin, to be on board. She scheduled the testing appointment at UW Health in Madison, Wisconsin in late April. "It was an extremely long day," Jen remembers. "It was a 3 hour drive there and then an 8 hour day full of testing and consultations that included a chest x-ray, EKG, 18 vials of blood, CT of the abdomen/pelvis, evaluations from psych, nutrition, pharmacy, surgery, and nephrology, and finally, meetings with social services and the transplant coordinator."

She ended up being a match. Two months later, the two traveled to Madison to do the transplant, and this year, on July 25, they celebrate the one year anniversary of the donation.

"I couldn't think of anything I wanted to do more than help Terri get her health back," Jen said. "Her husband was my Sunday School teacher and is now my children's teacher, we work together, we go to church together, I helped take care of her parents. On top of that, my mom was a bone marrow donor to my aunt and a long-time blood donor, and my grandparents left a legacy of donating to others for us to live up to. I want to instill a giving spirit into my kids, and how am I going to do that if I don't do it myself."

The surgery wasn't without some slight complications, as Jen had a duplicate left renal artery, during surgery a tiny 3rd artery on the back of her kidney was found, and extra lymph nodes. She developed a 20% pneumothorax when the surgeons nicked her diaphragm while having trouble dissecting the top of the kidney. Additionally, they needed to do some reconstruction to Terri to accommodate the duplicate renal artery, a procedure that added four hours to the surgery time.

"I won't lie," Jen said. "The recuperation from surgery, even though it is done laparoscopically, is rough on the donor. I had a collapsed lung, a lot of gas pain from the CO2, you're swollen for several weeks after surgery with fluid from a kidney that now has to play catch up, and you're exhausted...but all in all, it is definitely worth it. Terri came back to work and her cheeks were pink...she doesn't have to do dialysis (her last day was her birthday!)...she doesn't have to carry supplies back and forth when she travels to see her family. She can get up and go...and do...and live! There are so many more things to worry about in life than whether I have one or two kidneys. You can go on with life with one kidney, but you can't live without kidneys."

"There are no words for what Jen did for me," Terri said. "And there are not enough thank yous to everyone that supported us through this journey. Jason Green and our CGH coworkers were amazingly patient and understanding, HR was extremely helpful with insurance questions, other managers were quick to send help when coverage was needed at the Wound Center, and we truly appreciated everyone's thoughts and prayers."

"There are over 100,000 people in Illinois in need of a kidney transplant," Jen concluded. "Can you believe that we could all help take care of this? There wouldn't be a waitlist if people were just a little bit more giving of themselves, and donation is easy...this was easy." For questions about kidney donation, please feel free to call Terri or Jen at the CGH Wound Healing Center at ext. 4002.

CGH Pulmonary Rehabilitation Program Recertification

CGH Medical Center is proud to announce the recertification of its Pulmonary Rehabilitation program by the American Association of Cardiovascular and Pulmonary Rehabilitation (AACVPR). This certification is in recognition of CGH's commitment to improving the quality of life of patients by enhancing standards of care.



Pulmonary rehabilitation programs are designed to reduce and control the respiratory symptoms and complications experienced with moderate to severe pulmonary diseases, such as chronic obstructive pulmonary disease (COPD) and asthma. This treatment is accomplished through a program of exercise, education, counseling and support for patients and their families.

AACVPR-certified programs are leaders in the pulmonary rehabilitation field because they offer the most advanced practices available and have proven track records of high quality patient care.

"Our team has years of experience in helping people overcome breathing issues, and we all work extremely hard to help our patients breathe better and feel better," said Tammy Wilhelms, CGH Director of Pulmonary Services, Sleep and EEG. "Being recertified means we continue to pass all of the tests and audits required by AACVPR. By doing this, our patients can be assured they are being provided with the best possible care and should expect the best possible outcomes for their therapy."

To earn reaccreditation, CGH Medical Center's Pulmonary Rehabilitation program participated in an application process that required extensive, continued documentation of the program's practices. AACVPR Program Certification is the only peer-review accreditation process designed to review individual programs for adherence to standards and guidelines developed and published by AACVPR and other related professional societies. Each program's application is reviewed by the AACVPR Program Certification Committee, and certification is awarded by the AACVPR Board of Directors. AACVPR Program Certification is valid for three years.

About AACVPR

Founded in 1985, the American Association of Cardiovascular and Pulmonary Rehabilitation is a multidisciplinary organization dedicated to the mission of reducing morbidity, mortality and disability from cardiovascular and pulmonary disease through education, prevention, rehabilitation, research and disease management. Central to the core mission is improving the quality of life for patients and their families. Learn more about AACVPR at www.aacvpr.org.

July New Employees



Front Row (L - R): Emma Reinhardt (Summer Worker, HID); Haley Thorpe (CNA, Pediatrics); Genia Reitzel (Housekeeper I, EVS); Annie Austin (CNA, Float-Hospital); Trinity Green (CNA, Float-Hospital)

Back Row (L - R): Kaitlyn Bussie (EKG Technician, Cardio Lab); Mateo Cortez (Semi-Skilled Maintenance Engineer, POM); Laura Hernandez (Housekeeper I, EVS); Idalis Montanez (Summer Worker, Pharmacy); John Gadd (Delivery Driver, Materials Management); Alaina Harty (CNA, Float-Hospital); Aydin Erol (Summer Worker, Lab)



Front Row (L - R): Leidy Sierra Jimenez (Phlebotomist, Lab); Alex Escalante (Cardiac Monitor Tech, CCU); Daxtun Heier (Food & Nutrition Assistant, Dietary); Rina Lec (Cashier, Patient Accounts); Karla Munson (Section Supervisor, Lab)

Back Row (L - R): Christine Maves (Registration Clerk, Patient Access); Kimberly Teats-Garrison (Physician Assistant, Family Medicine-Morrison); Kayli Woodyatt (CNA, Ready Care); Ivy Brown (CNA, Medical Floor); Shelly Salerno (Medical Assistant, Family Medicine-Lynn Blvd)



Front Row (L - R): Chloe Frump (CNA, Float-Hospital); Brenda Van Horn (Revenue Cycle Supervisor, Business Services); Jessie Henrichs (Cardiac Monitor Tech, CCU); Carly Janssen (Food & Nutrition Assistant, Dietary); Keeley Meyer (EMT-B, Pre-Hospital)

Back Row (L - R): Jason Walters (Security, Per Mar); Daniel Johnson (IT Support Tech, IT); Summer Smith (CNA, Float-Clinic); Katie Hayes (Medical Assistant, Family Medicine-Morrison); Traci Snodgrass (RN, Neurology)

CGH Reagan Run Team



Congratulations to the CGH team that participated in the recent 20th Annual Reagan Run 5K in Dixon. CGH placed 2nd out of 13 teams in the event's annual Corporate Challenge, and hopes to double their participation in next year's event.

Corporate Challenge team members included Dr. William Bird, Erin Buchholz, Jazi Chavira, Lindsey Crow, Sherry DeWalt, Jaclyn Ditzler, Coral Engle, Meagan Haan, Brianne and Derek Hamstra, Ashley Heidenreich, Holly Hilty, Allison Loggins, Mark Moran, Dugan Repass, Michele Schueler, Breah Sharp, Geoff Wright and Allison Yemm. Thanks to all team members for their participation!

CGH Health Foundation Meat Sale

The CGH Health Foundation Employee Committee will be hosting a meat sale during the month of July.

Available to order are breakfast bundles, frozen 80% ground beef 1 lb packages, steak varieties, BBQ pork chop boxes, brat sample boxes, and BBQ chicken breast boxes.



Stop by the CGH Main Clinic Atrium on **Tuesday, July 23** from **7:30 to 9 a.m.** to place your order. You may also order by contacting Amanda Blaine at ext. 5575 or via email at Amanda.Blaine@cghmc.com between now and **July 25**.

Orders need to be picked up on **Friday, August 16** from **4 to 6 p.m.** at The Butcher Shop, located at 3309 W. Rock Falls Rd. in Rock Falls.

Cash, Check, Payroll Deduct, Credit or Debit cards are accepted. Payment will need to be placed when ordering.

All proceeds will benefit the 2019 CGH Health Foundation Annual Appeal.

August 1 Blood Drive

CGH partners with the Mississippi Valley Regional Blood Center for our blood products for our patients. Blood drives are held here at CGH six times a year. We are now able to collect both whole blood or platelets at a drive.



We invite you to join us for our next blood drive on **Thursday, August 1** from **9:30 a.m. to 7 p.m.** in the CGH Ryberg Auditorium. All presenting donors will receive a voucher for a \$10 gift card to Amazon.com, Casey's General Store, Dairy Queen or Domino's. Donors will now earn points as part of the IMPACT Loyalty Program for exclusive donor gifts through the Mississippi Valley Regional Blood Center as a thank you for helping people in our community.

All previously scheduled blood drives will remain the same, and all donations from previous drives will be honored. On the day of the drive bring a photo ID with you to the blood drive to get registered.

Appointments are appreciated, walk-ins are welcome. To make an appointment for the August drive please call Connie at ext. 5424 or Michelle ext. 6879.



August Birthdays

- | | |
|-------------------------|------------------------|
| 1 Leanne Blase | 16 Aubree Johnson |
| 1 Taylor Clark | 16 Thomas Mcglone |
| 1 Sunday Dugger | 16 Jeffrey Thormeyer |
| 2 Vicki Biller | 17 Carey Bruder |
| 2 Taylor Colville | 17 Molly Geuther |
| 2 Amanda Fortune | 17 Thomas King |
| 2 Tracey Maxwell | 17 Robin Lane |
| 2 Laurel Myers | 18 Dorothy Morris |
| 3 Margaret Accardi | 18 Vanessa O'Connell |
| 3 Yolanda Fowler | 18 Kimberly Przysucha |
| 3 Tracy Herrera | 18 Amy White |
| 3 Megan Shank | 18 Jacob Wierenga |
| 3 Joseph Sheridan | 18 Mary Williamsen |
| 3 Shawn Zigler | 19 Megan Bright |
| 4 Katrina Alexander | 19 Stephenie Lloyd |
| 4 Ashleigh Chapman | 20 Misty Nichols |
| 4 Karie Gries | 20 Traci Snodgrass |
| 4 Kathy Mills | 20 DeAnn Wagenknecht |
| 5 Myra Carrizales | 20 Stephanie Waller |
| 5 Sheila Miller | 21 Stormi Andrew |
| 5 Theresa Molina | 21 Cynthia Britton |
| 5 Connie Spears | 21 Kelly Diehl |
| 5 Sara Stage | 21 Thomas Hartman |
| 5 Patricia Zigler | 21 Amanda Larry |
| 6 Beth Ackert | 21 Shaneen Norman |
| 6 Christopher Fleming | 22 Heather Matznick |
| 6 Megan Hummel | 22 Sydney Redell |
| 6 Emily Jones | 22 Dustin Siebel |
| 6 Monte Sunday | 22 Sarah Wilson |
| 7 Leticia Barron | 23 Thomas Beswick |
| 7 Christina Castellanos | 23 Mariah Diffenbaugh |
| 7 Kala Karrow | 23 Donna Hines |
| 7 Karla Munson | 23 Jennifer Jiminez |
| 7 Isaiah Venema | 23 Kendra Kruse |
| 8 Breanna Barrett | 23 Dugan Repass |
| 8 Jessie Houzenga | 24 Lindsey Fiorini |
| 8 Adrienne Page | 25 Tracey Aude |
| 9 Vanessa Simonton | 25 Erica Heaton |
| 10 Nicholas Barthel | 25 Laura Hernandez |
| 10 Susan Bauer | 25 Cindy Schott |
| 10 Sarah Cebula | 26 Nellie Burke |
| 10 Ashley Devers | 26 Brooke Carroll |
| 10 Jamie Hill | 26 Sandra Hilton |
| 10 Mari Meyer | 26 Joshua Koroscik |
| 10 Maria Miller | 26 Jill Sosi |
| 11 Steven Barkley | 26 Jennifer Tompkins |
| 11 Gregory Gillette | 27 Charles Arwine |
| 11 April Miller | 27 Christopher Gullett |
| 11 Jason Roberts | 27 Paul Murphy |
| 11 Destinee Schumaker | 27 Daneen Sandrock |
| 12 Sherry DeWalt | 27 Sue Staker |
| 12 Angela Lohse | 28 Amy Bontz |
| 12 MaKayla Murphy | 28 Kelli Larson |
| 12 Linda Roushia | 28 Susanne Parker |
| 13 Andrea Day | 28 Nichole Small |
| 13 Magdaline Egert | 29 Jessica Spinden |
| 13 Sydney Lebahn | 29 Victoria Stokes |
| 13 Hope Sandoval | 29 Jennifer Stultz |
| 13 Christine Schlegel | 29 Geoffrey Wright |
| 14 Mir Asif Alikhan | 30 Ryan Bohms |
| 14 Taylor Anderson | 30 Ted Dunphy |
| 14 Mary Oswald | 30 Robert Lehman |
| 14 Benjamin Sauer | 30 Lisa Lira |
| 15 Melissa Armstrong | 30 Paige Miller |
| 15 Stacey Cavanaugh | 30 Jason VanMeter |
| 15 Mercedes Lopez | 31 Paula Beveroth |
| 15 Laurie Munoz | 31 Allison Houldson |
| 15 Leanne VanZuiden | 31 Kayla Mulnix |
| 16 Lidia Baldwin | 31 Joseph Schueler |
| 16 Sara Geerts | 31 Natasha Schwarz |

CGH Auxiliary Gift Shop Sale

Summer
BLOWOUT
Sale!



30-70%

OFF

SPECIALY MARKED ITEMS!

HNHN Employee Farmer's Market



For our August Healthy Nurse Healthy Nation activity, we are looking for employees that would be interested in participating in an on-site Farmer's Market on Tuesday's in August.

If you are interested in contributing any produce from your garden, please contact Sherry DeWalt at ext. 5716 or via email at Sherry.DeWalt@cghmc.com.

Shoe Sale!
Save the Date!

Shoe Roads Productions

August 5 & 6 from 7am - 4 pm

CGH Auxiliary Fundraiser

Ryberg Auditorium