

# HealthLines

Fall 2021

## Celebrating the CGH Auxiliary's 75th Anniversary

Carol Nieman, long-time CGH Auxiliary volunteer, assists patients and staff while working in the CGH Gift Shop.

ALSO INSIDE:  
2021 CGH  
Report to Our  
Community



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# CGH Auxiliary Celebrating 75 Years



On November 4, 1946, Mrs. Hellen M. Lawrence met with about 25 women in her home to discuss the shortage of nurses caused by World War II. Together, they had a vision to contribute to the community and serve the Sterling Public Hospital. This marked the start of the CGH Auxiliary.

News of the Auxiliary spread quickly, and soon sewing groups from local churches and community clubs were organized to make hospital gowns and dressings. As the needs of the hospital grew, and the nursing shortage continued, the women realized fundraising was needed. A variety show and gift sale were held in downtown Sterling during that first year, and because of their efforts, the hospital was equipped with a toaster, two chairs, bedside lamps, baby bottle sterilizers and a modern incubator, among other items.

By 1949, the seed of volunteer service was planted not only in the minds of those in the Auxiliary, but also in the minds of hospital officials. Together, they installed a library for hospital patients, and cart service soon followed, supplying patients with necessities and pleasantries.

Seventy-five years later, their story continues to unfold. Their initial enthusiasm and success are still evident in the more than 20,000 hours of “hands-on” service they provide to our patients, visitors and staff. The Auxiliary, whose membership now includes men, women and teens, serves 25 CGH departments with activities ranging



Volunteer Monica Osterhaus driving the CGH Main Clinic shuttle — the newest service of the CGH Auxiliary (left). A volunteer delivers amenities to patients in the '60s (below).



from escort and wheelchair transport to encouraging oncology patients and assisting customers in the hospital's gift shop. In addition, with healthcare scholarships and holiday lighting as key projects, fundraising remains a priority.

“Down through the years, so many women deserve credit and thanks for making the Auxiliary what it is today,” says a scrapbook page on the Auxiliary's early history. “We can call them by name, we can issue tangible awards, but the most fitting tribute we can pay to them is to carry on and build on what they started.”

“The list of everything the CGH Auxiliary does for our patients, visitors, employees and physicians could go on and on,” said Dr. Paul Steinke, CGH President and CEO. “This is a group of truly dedicated volunteers who give their time, talent and expertise selflessly. We truly appreciate all that they do and for carrying the tradition onward.”

The CGH Auxiliary will celebrate its 75th Anniversary in November. A celebratory event will be held at the McCormick Event Center in Rock Falls in early spring (due to COVID). A VIP reception for Auxiliary

members and past presidents will be held, followed by a “Friends of the Auxiliary” event that will include hors d'oeuvres, desserts, musical entertainment and memorabilia. For up-to-date information on the event, visit [cghmc.com/auxiliary75](http://cghmc.com/auxiliary75).

**The CGH Auxiliary Gift Shop is pleased to provide a “Patient Delivery” option on its website, [cghgiftshop.com](http://cghgiftshop.com). Patient delivery is currently offered Monday through Friday from 10 AM–3:30 PM. For questions, or to inquire about other items offered by the gift shop, please call 815-625-0400, ext. 4474.**



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# Stay Home or Head to School?

As the seasons change, be mindful of these signs to keep your child healthy

## KEEP YOUR CHILD AT HOME IF HE/SHE:

- + Has a temperature over 100.4 degrees
- + Appears sluggish or sleepy
- + Complains of head throbbing or sensitivity to light
- + It hurts for them to swallow or talk
- + Has a hacking cough, wheezing or wet cough with phlegm
- + Sleeps longer than usual; complains of body aches
- + Has a hard time breathing through the nose
- + Complains of a tummy ache; has a hard time keeping food down



## SYMPTOMS TO WATCH FOR:

- + Fever
- + Body aches/fatigue
- + Headache
- + Sore throat
- + Cough
- + Runny nose or congestion
- + Nausea, vomiting or diarrhea

## SEND YOUR CHILD BACK TO SCHOOL IF HE/SHE:

- + Has a temperature of 98.6 degrees for 24 hours
- + Appears to be lively and have energy
- + No longer needs medication like Motrin or Children's Tylenol
- + Can drink liquids without pain or stinging
- + Doesn't complain of chest pain
- + Breathes without struggle
- + Eats solid food and drinks fluids



**Please remember:** The best way to reduce the risk of COVID-19 for yourself and others is to social distance, stay home when sick and wear a mask to mitigate transmission.

Sources: Children's Health; Nationwide Children's; Einstein Perspectives



## Banana Pancakes

Makes 8 pancakes

- 1 medium ripe banana
- 1 cup milk (any kind)
- 1 tablespoon vegetable oil
- 1 teaspoon vanilla
- 1 cup flour (any kind)
- 1 tablespoon baking powder
- Dash of salt

Preheat skillet over medium heat. Mash the banana in a small mixing bowl until no big lumps remain. Add milk, oil and vanilla, and stir to combine. Add flour, baking powder and salt. Mix until flour is moistened but there are still some lumps. Check batter to be sure it is pourable and add additional milk if it needs thinning. Brush skillet with a small amount of oil and drop about 1/3 cup of batter onto skillet. Cook until edges appear dry and small bubbles in the center of the pancake begin to pop. Flip and cook on the other side until golden brown.

Serve with applesauce, jam or peanut butter.

## Nutritional Information

Per pancake: 100 calories, 3g protein, 14g carbohydrate, 3g fat

## What's Cooking?

Meet Sherry DeWalt, ACE-certified health coach with the CGH Health Foundation, and certified foodie. Join her on her cooking blog, "What's Cooking CGH," as she shares recipes and videos that she tries herself, as well as the healthy options from the CGH Café.

In the spirit of "first do no harm," she features fresh recipes that do not contain high numbers of added sugar, sodium or unhealthy fats. She cooks this way as a preventive measure against her family history of heart disease and cancer.

Visit [cghmc.com/whatscooking](https://cghmc.com/whatscooking) or our playlist at [youtube.com/cghmedicalcenter](https://youtube.com/cghmedicalcenter) to check out her recipes!



Sherry DeWalt,  
CGH Healthy  
Lifestyles  
Coordinator

# 4 Tips for Safely Managing Pain Medications

After a medical procedure, it is common for a healthcare provider to prescribe one (or several) medications to help alleviate a patient's pain. Whether it is an over the counter (OTC) pain reliever like Tylenol or a stronger medication from the opioid family like OxyContin, it is the patient's responsibility to properly manage their prescriptions.

Unfortunately, there have been many cases of patients becoming dependent on opioids prescribed for pain. According to the U.S. Department of Health and Human Services, in 2019, an estimated 10.1 million people aged 12 or older misused opioids. To avoid that statistic climbing even higher, it is important to know exactly which medications you are receiving from your CGH provider.

Here are four tips for managing your pain with prescribed medications:

1. Let your primary care physician know if you have any concerns about your medications. Before your doctor writes your prescription, be sure to ask specific questions about what medications you will be taking to help relieve your pain.
2. Ask your pharmacist how certain medications may impact one another. Picking up your prescriptions from your pharmacist is another opportunity to learn more about your medication. Some may need to be taken with food, some need to be taken multiple times a day and some can't be mixed with others. Get clarity from an expert so there isn't any confusion on your road to recovery.
3. Set daily reminders to keep track of your medication. An alarm or a pill box can help you be mindful of the frequency and the amount of medication you are supposed to consume.
4. If you feel you need medication even after the pain is gone, contact your provider immediately. Too often, some patients may start to become dependent upon their prescriptions. Don't hesitate to contact your doctor if you're feeling this way or experience any side effects to your prescription — they may be able to provide an alternative for managing your pain.

If you have medications that you no longer need, it is important to dispose of them properly. Visit the U.S. Food & Drug Administration's website at [bit.ly/Medication-Disposal](https://bit.ly/Medication-Disposal) to learn more about how to discard your medications safely.



## MY MEDICATIONS & ID CARD

Name: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

Primary Dr.: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_

Phone: \_\_\_\_\_

Allergies: \_\_\_\_\_

Medications	Dosage	Times per Day



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# 2021 CGH REPORT TO OUR COMMUNITY



## CGH BOARD OF DIRECTORS

- + John Van Osdol – Board Chair
- + Marcia Jones, MD – Vice Chair
- + Scott Wolber – Secretary
- + Andy Moore – Treasurer
- + John Benson
- + Mary Jean Derreberry
- + Shawn Hanlon, MD
- + Jeffrey LeMay, MD
- + Thomas McGlone, MD
- + Nancy Rasmussen
- + Heather Sotelo



## OUR MISSION

Delivering exceptional patient care by combining outstanding skill with heartfelt compassion

## A MESSAGE FROM OUR PRESIDENT & CEO



Paul Steinke, DO  
President & CEO

Greetings — I hope this issue of *HealthLines* finds you well. We are pleased to present our Annual Report. We remain committed to delivering exceptional care that is rooted in technical excellence along with respect, kindness and compassion.

I had hopes we would not still be talking about COVID-19 — but it remains a challenge. If the pandemic has taught us anything, it is that we need to be resilient. It also has refined our focus on the importance of relationships and keeping each other going. Let's keep the faith that there will soon be a time when COVID-19 is behind us and just a memory.

In this report, you may note our financials. Like nearly all hospitals and healthcare organizations across the country, we have been tested not only economically by COVID-19, but also by a scarce and difficult labor market. The financial implications of both COVID-19 and the tight labor market continue to be felt and will continue for years to come. However, we will get through this. We rely on the expertise, dedication and personal sacrifice of the women and men who work daily to bring you the best care possible.

It continues to be our mission to serve the families and communities of the Sauk Valley. On behalf of our 1,500 employees, thank you for your support of CGH Medical Center.



### New CGH Board Member

CGH Medical Center is proud to welcome **Mary Jean Derreberry, BSN, RN-BC**, to the CGH Board of Directors. An employee of CGH since

1973, Derreberry has dedicated her nursing career to helping patients in the Surgical, Ambulatory Care, Obstetrics and Home Nursing departments. She currently serves as the Director of Nursing Professional Development & Patient Experience. "We are so fortunate to have Mary Jean on the CGH Board of Directors," said Dr. Paul Steinke, CGH President and CEO. "Her career at CGH has spanned many decades, and she has built a solid reputation for her nursing excellence, remarkable kindness and always putting the patient first." Congratulations, Mary Jean!

One Mission. One Vision. One Team.



# FINANCIAL SUMMARY

CGH Medical Center provides the following financial summary for the fiscal year ending April 30, 2021:

<b>What we charged our patients:</b>	<b>\$908,241,321</b>
<b>We charged but did not receive full payment from:</b>	
Medicare, Medicaid and insurance	\$673,880,537
Charity care and bad debt	\$15,918,552
<b>Total Deductions</b>	<b>\$(689,799,089)</b>
<b>What we received</b>	<b>\$218,442,232</b>
<b>Costs</b>	
To pay staff and provide benefits	\$130,426,507
To purchase supplies, utilities, interest, etc.	\$91,504,459
Cost of depreciation, building and equipment	\$10,316,188
Total cost to care for patients	\$232,247,154
<b>Net Income from patient care</b>	<b>\$(13,804,922)</b>
<b>Other income</b>	<b>\$13,678,342</b>
<b>Net income</b>	<b>\$(126,580)</b>

## MEDICAL SERVICES

CGH Medical Center is a not-for-profit, city-owned hospital located in Sterling that serves a five-county region in northwestern Illinois. Licensed for 99 beds, CGH has provided the following services to patients over the past two fiscal years.

	FY 2020	FY 2021	% Change
Inpatient Admissions	4,350	4,094	-5.9%
Total Patient Days	13,893	13,966	0.5%
ER Visits	25,681	21,642	-15.7%
Surgical Cases	4,056	3,679	-9.3%
Observation Hours	68,724	56,091	-18.4%
Babies Delivered	559	544	-2.7%
Physician Office Visits	225,907	224,529	-0.6%

**4,094**

Inpatient Admissions

**3,679**

Surgical Cases

**544**

Babies Delivered

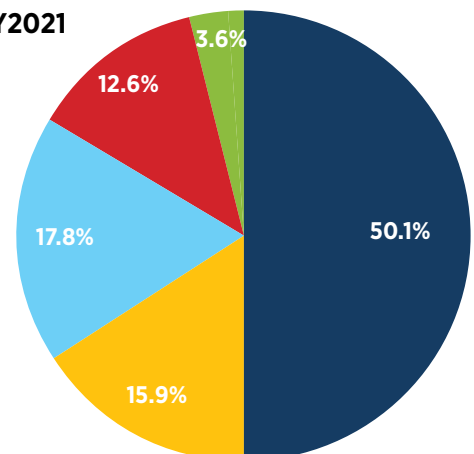
**224,529**

Physician Office Visits

## PAYOR MIX

	FY2020	FY2021	Change
<b>Medicare</b>	50.1%	50.1%	0.0%
<b>Medicaid</b>	16.8%	15.9%	-0.9%
<b>Blue Cross</b>	16.5%	17.8%	1.3%
<b>Commercial</b>	13.0%	12.6%	-0.4%
<b>Self Pay / Other</b>	3.6%	3.6%	0.0%

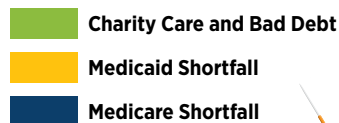
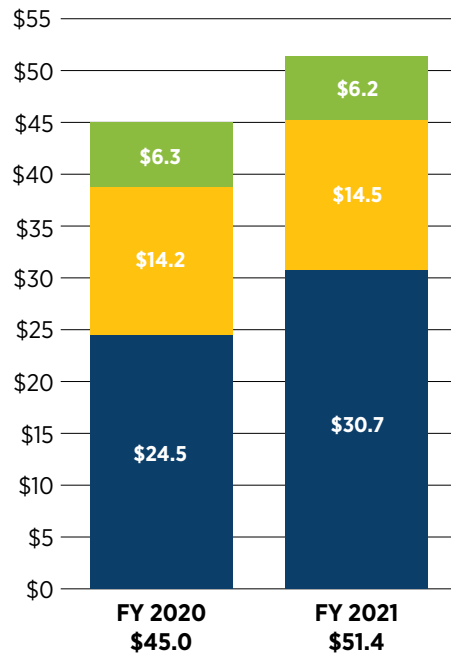
FY2021



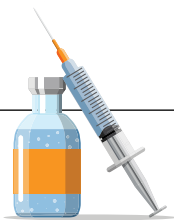
## GIVING BACK

CGH provides a variety of free or discounted services to uninsured and underinsured families in Whiteside and surrounding counties. CGH also educates the public about available resources and helps members of our community apply for public assistance. CGH's total investment in the community (at cost) for the past two fiscal years is shown in dollar amounts below:

### Statement of Community Contribution (in millions)



### Don't Forget Your Flu Shot



The CGH Flu Clinic will be held now through November at the Main Clinic (no walk-ins please) in the ENT department for adults with any insurance and patients age 12+ with private insurance. Patients must have an appointment to ensure social distancing practices are followed. Call **815-632-5298**.

A drive-through option for adults age 19+ will also be available from 8 AM-11 AM on October 9 in the front driveway of the Main Clinic. Insurance and cash payment will be accepted. No appointment needed.

Pediatric patients six months to 18 years old can receive flu vaccinations in the Pediatrics department on October 9, 16 and 23 from 8-11 AM. Appointments required, call **815-625-4790, ext. 6873**.

## CGH MEDICAL STAFF

CGH MEDICAL CENTER AND CGH MAIN CLINIC, STERLING

### ALLERGY

Therica Heeren, PA-C, MS

### ANESTHESIOLOGY

William Chaplin, DO  
Krzysztof Malewicz, DNP, CRNA  
Carlos Moreno, DRAP, CRNA  
David Nowak, CRNA  
Henri Stewart, CRNA  
Tyler Thompson, CRNA  
Eric Thueson, CRNA  
Frelea Lyn Tiongson, CRNA  
Fatima Udoiwod, CRNA

### AUDIOLOGY

Jennifer Sangston, AuD  
Laurie Zollinger, AuD, FAAA

### BEHAVIORAL HEALTH

Lorri Mostad, APRN, PMHNP-BC

### CARDIOLOGY

Tracey Aude, RN, MSN, CNP  
Edita Danaiaata, MSN, APRN, A-GNP-C  
Hassan A. Kieso, MD, FACC, FRCPE, FRCPI  
Polly Nobis, RN, MS, FNP  
Theresa Rogers, MSN, APRN, FNP-C  
Danelle Saunders, APRN, FNP-C

### CHIROPRACTIC

Curtis Coyle, DC, CCEP

### DERMATOLOGY

Rachel Deets, PA-C, MS  
Mark Moran, PA-C, MPAS  
Marc Stees, MD

### FAMILY MEDICINE

Norma Alvarado-Urrutia, FPA-APRN, FNP-BC  
Missi Armstrong, APN, FNP-BC  
William Bird, MD  
Kayla Bland, PA-C, MS  
Angel Blazquez, MD  
Susan Burnette, MSN, APRN, FNP-C  
Lynne Coffey, FNP  
Donna Cook, APN, NP-C  
Phong Dang, MD  
Amanda Dawson, MSN, FNP  
April Fischer, APRN, FNP-BC  
Tina Frank, APN, FNP-BC  
Jennifer Garriott, APN, FNP-BC  
Virginia Heal, DNP, APN, FNP-BC  
Kelli Jepson, DNP, APN, FNP-BC  
Marcia Jones, MD  
Karri Kloepping, PA-C  
Eric Kuhns, MD  
Miranda Long, PA-C  
John Luckey, MD  
Christina Miller, FNP-BC  
Henry Oh, DO

Jason Reter, DO

Shannon Scroggins, APN, FNP-BC  
Paul Steinke, DO  
Angela Stralow, FNP-BC  
Kimberly Teats-Garrison, PA-C  
Peter Toth, MD, PhD  
Julie Wardell, APRN, FNP-BC  
Cassie Wiersema, APN, FNP-BC  
Matthew Wolf, MD  
Kim Wolfe, APN, FNP-BC

### GASTROENTEROLOGY

Jaziel Chavira, FNP  
Cara Firch, PA-C, MS  
Jorge Monteagudo, MD  
Concha Sitter, MS, FPA-APRN, FNP-BC, CGRN

### HEMATOLOGY/ONCOLOGY

Mir Alikhan, MD, FACP  
Alhareth Alsayed, MD  
Staci Drosopoulos, ATC, PA-C  
Lindsay Rodriguez, APN, NP-C

### HOSPITALIST

Cordus Easington, MD, PhD  
Mathai Karingada, MD  
Ashok Maini, MD  
Kalpesh Patel, MD  
Eric Schaffert, MD  
Nancy Tran, MD

### INTERNAL MEDICINE

Lauren Cecchetti, APN, NP-C  
Eric Gale, MD, FAAP  
Toni Ikens, APN, FNP-BC  
Iyad Jundi, MD  
Vincent Racanelli, DO  
Anja Wolf, FNP

### NEUROLOGY

Chester Dela Cruz, MD  
Preeti Joseph, MD

### OBSTETRICS/GYNECOLOGY

David Almas, MD  
Debra Bowman, MD, FACOG  
Laurie Buckman, CNM, APRN  
Meredith Johnson, MSN, APN, WHNP-BC  
Jeffrey LeMay, MD  
Frank Tugwell, MD

### OPHTHALMOLOGY

Jerald Cundiff, MD  
John Hahn, MD, FACS

### OPTOMETRY

Matthew Cutter, OD  
Ed Hanlon, OD



# CGH MEDICAL STAFF

(cont. from previous page)

## ORAL AND MAXILLOFACIAL SURGERY

Robert Whittaker, DMD, MD

## ORTHOPAEDICS

Ethan Brooks, DSC, PA-C

Shawn Hanlon, MD

Jeffrey Thormeyer, MD, FAAOS

Joshua Wade, PA-C, MS

## OTOLARYNGOLOGY/ENT

Stephanie Ernst, MSN, APRN, FNP-BC

Bryan Kemker, MD, FACS

## PAIN MEDICINE

Juan Ibarra, MD

## PATHOLOGY

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Matthew Stemm, MD

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Warren Cannell, MD

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Eric Gale, MD, FAAP

Jackie Greve, APRN, FNP, NP-C

Rita Hart, DO

## PODIATRY

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Eric Riley, DPM

Jessica White, APN, FNP-BC

## RHEUMATOLOGY

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Melissa Duncan, APRN-FNP

## SLEEP MEDICINE

Kim Treviranus, MD

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Thomas McGlone, MD, FACS

John O' Holleran, MD, FACS

Heather Wakefield, MD, FACS

## SURGERY, VASCULAR

Thomas King, DO

Erika Stach, MSN, FNP-BC

## UROLOGY

Kevin Rogers, MSN, NP-C

Young Song, DO

# CGH SATELLITE CLINICS AND MULTI-SPECIALTY CENTERS

## DIXON MEDICAL CENTER

### ALLERGY

Therica Heeren, PA-C, MS

### DERMATOLOGY

Rachel Deets, PA-C, MS

Marc Stees, MD

### HEMATOLOGY/ONCOLOGY

Mir Alikhan, MD, FACP

Alhareth Alsayed, MD

Staci Drosopoulos, ATC, PA-C

### INTERNAL MEDICINE

Lauren Cecchetti, APN, NP-C

Eric Gale, MD

### OPHTHALMOLOGY

Jerald Cundiff, MD

### OPTOMETRY

Ed Hanlon, OD

### PEDIATRICS

Lauren Cecchetti, APN, NP-C

Eric Gale, MD, FAAP

### RHEUMATOLOGY

Ajay Buddaraju, MD

Melissa Duncan, APRN-FNP

### SLEEP MEDICINE

Kim Treviranus, MD

## DOWNTOWN MEDICAL CENTER

### FAMILY MEDICINE

Angel Blazquez, MD

John Luckey, MD

Christina Miller, FNP-BC

Shannon Scroggins, APN, FNP-BC

Julie Wardell, APRN, FNP-BC

## FULTON MEDICAL CENTER

### FAMILY MEDICINE

Lynne Coffey, FNP

## LOCUST STREET MEDICAL CENTER

### WOUND CENTER

Ashlea Canady, MD, FACS

Stephanie Ernst, MSN, APRN, FNP-BC

Thomas McGlone, MD, FACS

John O' Holleran, MD, FACS

Eric Riley, DPM

Heather Wakefield, MD, FACS

## 2600 NORTH LOCUST STREET MEDICAL CENTER

### CHIROPRACTIC

Curtis Coyle, DC, CCEP

## LYNN BLVD. MEDICAL CENTER

### FAMILY MEDICINE

Marcia Jones, MD

Jason Reter, DO

Cassie Wiersema, APN, FNP-BC

Kim Wolfe, FNP

## MILLEDGEVILLE MEDICAL CENTER

### FAMILY MEDICINE

Angela Stralow, FNP-BC

Paul Steinke, DO

## MORRISON MEDICAL CENTER

### FAMILY MEDICINE

Kimberly Teats-Garrison, PA-C

Matthew Wolf, MD

## MT. CARROLL MEDICAL CENTER

### FAMILY MEDICINE

Karri Kloepping, PA-C

## POLO MEDICAL CENTER

### FAMILY MEDICINE

Henry Oh, DO

## PROPHETSTOWN MEDICAL CENTER

### FAMILY MEDICINE

April Fischer, APRN, FNP-C

Matthew Wolf, MD

## READY CARE CLINIC

Norma Alvarado-Urrutia, FPA-

APRN, FNP-BC

Susan Burnette, MSN, APRN, FNP-C

Tina Frank, APN, FNP-BC

Virginia Heal, DNP, FPA-APRN,

FNP-BC

## ROCK FALLS MEDICAL CENTER

### FAMILY MEDICINE

Donna Cook, APN, NP-C

Jennifer Garriott, APN, FNP-BC

Kelli Jepson, DNP

Peter Toth, MD, PhD

## WALNUT MEDICAL CENTER

### FAMILY MEDICINE

Missi Armstrong, APN, FNP-BC

## STERLING VISION CENTER

### OPHTHALMOLOGY

John Hahn, MD, FACS

### OPTOMETRY

Matthew Cutter, OD

## ORAL AND MAXILLOFACIAL SURGERY

Robert Whittaker, MD, DMD

## DIXON VISION CENTER

### OPHTHALMOLOGY

Jerald Cundiff, MD

### OPTOMETRY

Ed Hanlon, OD



# Gotta Go Right Now: Living with an Overactive Bladder



Young Song,  
DO

Do you get sudden, strong urges to urinate and are unable to control it? Do you go to the restroom eight or more times a day? Do you have accidental leakage before you make it to the restroom? If you answered “yes” to any of these questions, you may suffer from overactive bladder or urinary incontinence.

## What causes bladder leaks and incontinence?

Bladder leakage, urinary incontinence or overactive bladder symptoms are not a normal part of aging. Millions of people worldwide suffer from these life-altering symptoms.

These symptoms may occur because of abnormal communication between the brain and the bladder. This may lead to feeling of an

urgent need to urinate and an unwanted bladder contraction. You may also experience a need to rush to the restroom and leak, or lose urine before you make it in time.

## What is overactive bladder?

Overactive bladder is an umbrella term that includes the frequent and urgent need to empty your bladder. One of the most common symptoms of overactive bladder is a sudden urge to urinate, resulting in unintentional urine loss, which is referred to as incontinence.

Overactive bladder affects one in three people in the United States over the age of 40. Though this bladder control



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issue may occur more often as people get older, it is not a normal part of aging.

## Signs you may be suffering from overactive bladder:

- ✦ **Urgency** — You experience a sudden or compelling need to urinate with inability to hold urine or control it
- ✦ **Urinary Incontinence** — You experience an urgent need to urinate and have urinary leakage accidents or trouble holding urine before making it to the restroom
- ✦ **Frequency** — You urinate so often that it disrupts your life — typically eight or more times a day
- ✦ **Nocturia** — You wake up more than once at night because you need to urinate

The good news: There are treatment options available to help regain control of your bladder. Our highly trained CGH Urology staff can offer long-lasting, clinically proven solutions to help you regain bladder control and deliver clinically meaningful improvements in quality of life. Visit [cghmc.com/services/urology](http://cghmc.com/services/urology) to learn more.

**Young Song, DO, will be presenting a Growing Healthier program on December 9. See page 12 for details.**

## Welcome Our New Cardiologist



### Hassan Kieso, MD, FACC, FRCPE, FRCPI

We are pleased to welcome Hassan Kieso, MD, FACC, FRCPE, FRCPI to CGH Medical Center. Dr. Kieso is an Interventional Cardiologist and has joined the Cardiology Department at CGH Main Clinic.

Dr. Kieso is a graduate of Baghdad University College of Medicine in Iraq. He completed an Internal Medicine residency and Cardiology fellowship at Christ Hospital and Medical Center in Oak Lawn, Illinois, as well as an Interventional Cardiology fellowship at Indiana Heart Institute in Indianapolis. Dr. Kieso is board-certified in Interventional Cardiology.

*Dr. Kieso is currently accepting new patients at CGH Main Clinic at 101 E. Miller Road, Sterling. To make an appointment, please call 815-625-4790.*

### Quality Cardiology Care

At CGH Medical Center, we are dedicated to offering quality, comprehensive cardiovascular services — 24/7/365. With the addition of Dr. Kieso, we have a full team of outstanding providers, including five nurse practitioners, two 24/7 cath labs and a full-service cardiac rehab facility. We will work with you to maximize the health of your heart and continue to save lives in our community.

## 8th Annual Delicious Designs Event Stays Virtual

Join us virtually for the eighth annual CGH Health Foundation Delicious Designs fundraiser, to be hosted in October. The event is a spotlight on our OB moms who have struggled during the pandemic, and on area women and their breast health needs.

"We're funding an additional day of free CGH Ways to Wellness counseling for our pre/postpartum patients who have been pregnant during an incredibly stressful time," said Co-chairs Lindsey Fiorini, CGH Physical Therapy and Bi-County Special Education Cooperative, and Lindsey Pistole, Sauk Valley Bank. "The happy expectations of their pregnancies and deliveries was turned upside down by the virus. Our goal is to add a little extra TLC, in partnership with CGH OB and Peds providers and staff, to give them a boost."

Since the event's inception, Women's Health has been a focus, and this year is no exception. Screening mammograms are offered to all area women at no cost year-round with the help of the Foundation, regardless of insurance coverage or ability to pay. The Foundation also helps fund the cost of diagnostic mammograms, biopsies, ultrasounds and MRIs.



With her depression hitting an all-time high during COVID, new mom Hayley Williams, shown with her son, Theodore, was thankful for the CGH Ways to Wellness counselor who "helped push me out of a dark rut."

A six-day online Silent Auction, to include gift baskets, experiences, services, desserts and gift cards, will run from 7 AM, Thursday, October 21 to 8 PM, Tuesday, October 26. Go to the CGH website, click on the AirAuctioneer.com link to register and start bidding!

For more information, contact Joan Hermes, Foundation executive director, at 815-625-0400, ext. 5672.



**The CGH Wound Healing Center staff is proud to have once again received the Healogics Center of Distinction Award for their continued outstanding clinical performance and high patient satisfaction rates. To find out more, or to make an appointment at either location in Sterling or Dixon, call 815-564-4002.**

## With Diabetes, Good Foot Care is Essential

From your circulation and immune system to your blood sugar levels and nervous system, diabetes can negatively impact numerous aspects of your health. The disease can also cause some people to develop an infection that could contribute to a diabetic foot ulcer. Research suggests that around 25% of all those living with the illness will develop a foot ulcer. However, there are some preventative measures that you can take, including getting a quarterly comprehensive foot examination, doing daily self-inspections and choosing supportive footwear.

If a diabetic foot ulcer does occur, proper wound care is essential for healing the sore. The CGH Wound Healing Center creates personalized treatment plans by combining advanced technologies with proven clinical therapies. The Wound Healing Center also offers Hyperbaric Oxygen Therapy (HBOT), a technique that delivers high doses of oxygen to the bloodstream and wound bed. Not only will this accelerate the healing process, but it will also help to fight infection, stimulate the growth of new blood vessels, improve circulation and reduce the risk of amputation.



# Shining Examples

CGH recognizes two deserving award winners

## DAISY Award Winner Angie Tschosik-Johnson, RN

Angie Tschosik-Johnson, a registered nurse in the CGH Critical Care Unit (CCU), was recently recognized as a recipient of the prestigious DAISY Award for extraordinary nurses. An international program, the award is presented to nurses around the world who go above and beyond for their patients and demonstrate extraordinary, compassionate care.

Stephanie Waller, RN, Digestive Health Center, and DAISY Award Coordinator, read the nomination as the award was presented: "Angie was working overnight in the CCU taking care of my patient's spouse. After her shift was over, she took the time to come downstairs, speak with my patient and explain the changes that were happening to her spouse in the CCU. The patient was not taking the news well, and Angie sat down, looked at her in the eyes and held and rubbed her hand as my patient let out her emotions. Angie showed great compassion and really took time to listen to her concerns. She answered all of her questions truthfully and in a way that was most dignified and calm. It was a special moment, and I'm glad I was able to witness her power in understanding her role as a nurse. I will never forget the impact she had on me and my patient that day because I, too, always want to lead with that much empathy."

Waller concluded by saying that Angie will very soon be leaving, only to return to the CCU as a nurse practitioner. "This will be a huge benefit for both CGH and the CCU," she said.

If you would like to submit a nomination for extraordinary nursing care that you or a family member have received at CGH Medical Center, please visit [cghmc.com/daisy](http://cghmc.com/daisy).

## Sunshine Award Winner Lyndsay Hodapp, CNA

Lyndsay Hodapp, CNA, Float, was recently recognized as a recipient of the Sunshine Award for extraordinary service given to a patient on CGH Medical Center's Medical Floor. The Sunshine Award was created to honor and recognize outstanding service and compassionate care by those in non-nursing roles, such as CNAs, CMAs or CMTs.

Stephanie Waller, RN, Digestive Health Center, and Sunshine Award Coordinator, read the nomination as the award was presented: "We recently had a patient with dementia and a new hip fracture, and due to her diagnosis was unable to remember her fall risk. From swabbing the patient's mouth to repositioning her numerous times to helping remind her of her fall risk, Lyndsay was very caring, helpful and patient with her the entire time."

If you would like to submit a nomination for extraordinary service that you or a family member have received at CGH Medical Center by a staff member in a non-nursing role, please visit [cghmc.com/sunshine](http://cghmc.com/sunshine).



Angie Tschosik-Johnson, an RN in CCU, is a recipient of the prestigious DAISY Award for extraordinary nurses.



Lyndsay Hodapp, a CNA in our Float department, received the Sunshine Award for extraordinary service given to a patient. Hodapp works on the Medical Floor.

Have you or a loved one received exceptional patient care from a nurse at CGH Medical Center? Nominating them for the DAISY Award for Extraordinary Nurses is a wonderful way to say thank you! This international award recognizes and celebrates a specific nurse for delivering the kind, compassionate and expert care that our CGH nurses are known for every day. For more information and to nominate your extraordinary nurse, visit [cghmc.com/daisy](http://cghmc.com/daisy).

## Join Our Team

- + Sign-on Bonuses
- + Comprehensive Day-one Benefits
- + Competitive Wages
- + Tuition Reimbursement
- + IMRF Retirement Transfer
- + Employee Perks



CGH Medical Center takes pride in being a workplace that fosters teamwork communication, innovation, initiative and professional development. CGH employees are supported with state-of-the-art technology, a positive environment and visionary leadership, all rooted in a philosophy of providing superior patient care.

Apply online at [cghmc.com/careers](http://cghmc.com/careers).

# Calendar of Events

## FALL 2021

For a full list of CGH events visit [cghmc.com/calendar](http://cghmc.com/calendar)

### BLOOD DRIVE

Thursdays, October 7 and December 2  
9:30 AM–7 PM

CGH Ryberg Auditorium  
100 E. LeFevre Road, Sterling, IL  
To schedule an appointment, call  
**815-625-0400, ext. 6879** (Michelle)  
or **ext. 1057** (Bryan). Or log on to  
[bloodcenterimpact.org](http://bloodcenterimpact.org) and use  
code 3591.

### CHOLESTEROL AND GLUCOSE SCREENINGS

Thursday, October 14  
Tuesday, November 23  
6–9:20 AM  
12-hour fast and appointment  
are required. Cost is \$30.  
Call **815-625-0400, ext. 5716**

### PREPARING FOR BABY

Classes are held via Zoom until further  
notice. Please sign up at reception in  
the CGH Main Clinic OB/Gynecology  
Department or call **815-625-0400,**  
**ext. 5504.**

### BIRTHING AND BABY BASICS

Thursdays, October 14, November 4  
and December 9  
5–8 PM  
Instructor: Marcela Sproul, RN, IBCLC  
Designed for moms in the second  
half of pregnancy and their coaches,  
these classes focus on everything you  
need to know about the labor and  
delivery process.

### BREASTFEEDING CLASS

Thursdays, October 21, November 11  
and December 16  
5–7 PM  
Instructor: Marcela Sproul, RN, IBCLC  
Taught by our certified lactation  
specialists, this class shares everything  
you need to know about beginning  
breastfeeding.

## CGH MEDICAL CENTER

100 E. LeFevre Road  
Sterling, IL 61081

Non-profit Org.  
U.S. Postage  
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CGH Medical  
Center

CGH-010




**VIRTUAL EVENT**  
8TH ANNUAL HOLIDAY LIGHTING

# Healthy & Bright

**TUESDAY,**  
**NOV 16 • 7PM**

Watch the 15-minute program  
on our **CGH Facebook page** or  
our **CGH YouTube Channel**.

**Bright Lights for Bright Memories.** The Auxiliary invites you to recognize those who make our lives  
a brighter place. For any donation amount, the names of loved ones will be shown during CGH's  
annual holiday lighting ceremony. Visit [www.cghmc.com/HolidayLights](http://www.cghmc.com/HolidayLights) for more information.



@cghmedicalcenter

Growing Healthier

# SPEAKER SERIES



**CGH**  
Health Foundation  
*Your partner in good health*

Join us for FREE programs featuring speakers on important health topics, or live tours of  
our departments and services. Due to COVID-19, all of our Growing Healthier programs  
will be available via the CGH Facebook page in Facebook Live format, and hosted by  
William Bird, MD, VP & Chief Medical Officer, during our normal Facebook Live broadcasts,  
happening every Thursday at noon. LIKE our Facebook page, and sign up for notifications!  
For more information, call **815-625-0400, ext. 5716** or visit [cghmc.com/growinghealthier](http://cghmc.com/growinghealthier).



**October – More Than Mammograms! Breast Cancer Month Tips**  
on **Thursday, October 21** with Radiologist Keith Pham\*, MD, and  
Gina Grennan, director of CGH Diagnostic Imaging. Dr. Pham and  
Grennan will discuss breast health and the diagnostic tools that  
are available to detect breast cancer. Learn more about early  
detection and our new 3D technology.



**November – Diabetes Interpreted on Thursday, November 11**  
with Angel Blazquez, MD, and Christina Miller, FNP. Dr. Blazquez  
and Miller will discuss diabetes and how we are prepared to care  
for our Spanish speaking patients and community.



**December – Get Your Bladder Back! Living with an Overactive Bladder** on  
**Thursday, December 9** with Young Song, DO. Join Dr. Song as she discusses  
the new technologies available at CGH to help you regain normal bladder  
and bowel control.

\*Not an employee of CGH Medical Center