

HealthLines

Summer 2020

CGH Medical Center
is working hard to
provide care during the
COVID-19 pandemic

Jessica and Lindsay, CGH Emergency
Department nurses, are on the front
line of safe emergency medical care
for you and your family.



From the Desk of Dr. Paul Steinke, President and CEO



The new reality brought on by COVID-19 was unfathomable earlier this year. However, here we are living through a global pandemic, together. We have been faced with a challenge that is greater than any we have faced before, and we

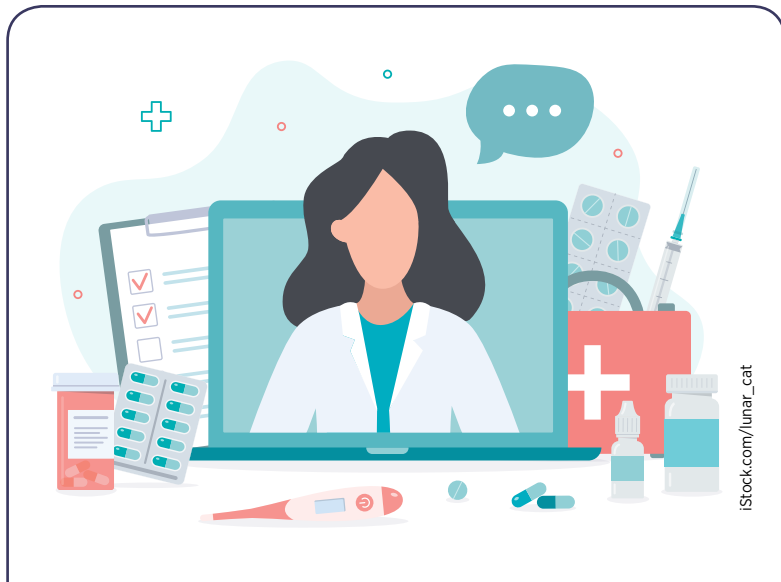
have been working — and continue to work — very hard at making sure our communities are safe and as prepared as possible.

From a hospital and clinic standpoint, COVID-19 has forced us to revise many of the normal day-to-day operations that we are used to. These changes included everything from implementing symptom screenings and tightening our visitor restrictions to postponing all nonessential procedures and treatments for patients. We also implemented and drilled many new practices related to caring for patients who had or may potentially have had this virus, including the construction of COVID “bubbles” within our Emergency Department, Critical Care Unit and surgical floors.

This entire process has been a moving target that has not only changed daily, but also multiple times within a single day. Throughout all of this, however, our top priority has been the health and safety of our patients, staff and physicians. Rest assured that we will continue to bring you the safe, high-quality healthcare that you and your family members can trust. We will get through this, and together we will be stronger in the end.

Thank you,

Dr. Paul Steinke
CGH President and CEO



CGH Telehealth Visits Safely Deliver Care

In response to the COVID-19 pandemic, many CGH Medical Center providers now offer telehealth visits. Telehealth allows both new and established patients to safely see their healthcare provider through a secure video appointment without leaving the comfort and safety of home.

“It’s important that we continue to give you safe and expanded options for care,” said Dr. Paul Steinke, CGH President and CEO. “Although we have gone to great lengths to keep you healthy and safe during hospital and clinic appointments, we are continuously working to find the safest and best ways to deliver healthcare to our patients.”

To schedule a telehealth visit, call your CGH provider’s office. With their approval, telehealth visits may be used for follow-ups, medication management and other types of visits where a close physical examination is not needed. Telehealth visits are also available at the CGH Ready Care Clinic for more urgent healthcare needs.

Visits are covered by insurance, including Medicare and Medicaid, just as if the patient came into the clinic for an appointment. Co-pays (if applicable) will be billed.

Learn more about CGH Telehealth at cghmc.com/telehealth or call your healthcare provider’s office.



HealthLines is offered as a service of CGH Medical Center and is distributed to residents in the CGH service area. The information is intended to inform and educate about subjects pertinent to health, not as a substitute for consultation with your physician. Questions or comments may be directed to Marketing at **815-625-0400, ext. 4580**. © 2020 Printed in U.S.A. Developed by GLC — a marketing communications agency.

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COVID-19: Children and the Elderly

According to the Centers for Disease Control and Prevention, adults 65 and older are at a higher risk for severe illness, including COVID-19. But when it comes to spending time with loved ones — especially children — what exactly does that mean?

Children are quite good at unknowingly sharing infections, especially when they're feeling well enough to run around and play. Because children with COVID-19 are often asymptomatic, it's difficult to tell if they are spreading the illness to older adults. Therefore, anyone over 65, and those with serious health conditions (such as heart disease, diabetes, lung disease or cancer), should avoid caring for or being close to young children.

“With the uncertainty surrounding COVID-19, adults age 65 and over, who are most susceptible to the virus, really shouldn't be around children,” said Dr. William Bird, CGH Vice President and Chief Medical Officer. “Even if the child is a baby or hasn't been out much at all due to stay-at-home orders, it's impossible to be sure that their parents haven't brought anything home. As frustrating as it is, older adults are the ones who really need to isolate themselves. To keep them safe, children need to find other meaningful and joyful ways to keep distance between themselves and the older adults in their life.”

If you absolutely must be in close contact with children, please take the following precautions:



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- ✦ Thoroughly wash your hands with soap and warm water, especially after changing a diaper or helping a child use the bathroom.
- ✦ Always wear a mask while you're in contact with children.
- ✦ Maintain physical distance of 6 feet, if possible.
- ✦ Frequently disinfect all toys, surfaces, play mats and devices.

Right Place, Right Time

Thursday, April 9, 2020, is a day I will never forget. Most of us will recall the restrictions of COVID-19, and maybe the crazy blizzard followed by sunshine that day. But I will forever remember April 9 as the day I could have lost my life. I wasn't feeling well, so I left work early and struggled in the snowy wind toward my car, finding it more and more difficult to breathe. The last thing I remember was gasping for breath and losing consciousness with no one in sight to help. If not for the team of CGH angels who saw me go down and came out to check on me, I'd not be here to tell this story. Right there in the crossroad of the Main Clinic, they began CPR and, over the next several hours, these amazing professionals literally brought me back to life.

There are so many “what ifs” to the story that could have resulted in a much different ending. I was in the midst of a blizzard with no one around me, but because of COVID-19, there was a triage team near the door who, along with a visitor, happened to see me go down. If I'd have gotten into my car, still been at my desk, on the road or at home, no one might have noticed — and I'd not have the privilege of telling this story. But all the “what ifs” were orchestrated to allow me to be here today.

As many times as I've heard “codes” announced, and I say a prayer, I never imagined that code could or would be me. I've talked to several coworkers who responded to my code blue. As I asked questions to help fill in the pieces of that nearly fateful day, I appreciated the stories my coworkers shared — what they felt, what they had witnessed and what they had done.



(L-R) Jill Gonigam, RN; Rod Miniell, MLT; Christy Quinn, RN; Nancy Lauritzen, RN; Alison Whittenauer, RN; Rhonda Miller, RN; Dawn Hartman, RN. Not Pictured: Dr. Maurice Binns; April Fischer, NP; Karen Dever, LPN

There was a common theme: “We have the best team” and “I am so proud to be a part of this team,” followed by, “I'm so happy you are okay.” I am so happy to be alive, too, and I owe it to our CGH team! I believe God truly works miracles, guiding us every day to do what we know and use our skills to work as a team. And, every once in a while, it all weaves together to help us remember why we do what we do, to give us a new perspective on what's important and to remind us to appreciate the talented and caring people we have around us.

Thank you for all you do, every day, my friends. God bless the CGH angels!

— Nancy Lauritzen, RN, CGH Professional Development Nurse



Answering the Call to Care

CGH Medical Center is working hard to provide care during the COVID-19 pandemic

CGH Medical Center has been serving patients from Sterling, Rock Falls and the surrounding communities since 1909. Throughout the years, a myriad of health issues have come CGH's way, including polio, the Spanish flu, HIV and tuberculosis. But to say that now, in 2020, COVID-19 has changed our normal lives as we have known them is an understatement. The past few months have not only been a roller coaster of anxiety, fear and harsh realities, but also of planning, teamwork and caring.

"Most CGH Medical Center employees and physicians have never dealt with a pandemic," said Dr. Paul Steinke, CGH President and CEO, "but their experience with past disasters,

along with practice drills, flexibility in assuming different roles and responsibilities, and dedication to our patients have helped us prepare for and respond to COVID-19."

Working with local, state and federal officials and organizations, CGH focused its efforts on reducing the number of people exposed to the virus, protecting staff and physicians, and diagnosing and caring for COVID-19 patients in the most appropriate environments. Steps were taken to prepare for an influx of patients, including temporarily closing outlying clinics and implementing procedures to conserve and safely reuse some personal protective equipment (PPE).



ER nurses Lindsay Melendrez, RN and Jessica Kearse, RN (cover), along with all of our healthcare workers, rise to the challenge of safely caring for our patients during this pandemic.

"We did everything we could to prepare for the most challenging scenarios," Dr. Steinke said. "Planning for a COVID-19 surge in our area began back in January, when CGH employees were first made aware of the virus that seemed to be spreading quickly in other parts of the world. We knew that this was not a time to panic or become complacent. It was time to educate ourselves and to drill and validate our workflows to ensure staff are familiar and comfortable with the steps for testing, isolation and delivering care. It was time to be ready for the challenge ahead."



Ready Care Nurse Practitioner Virginia Heal (left) prepares to collect a COVID test. Shelly Houzenga, Microbiology Technician (center), and Brenda Sierra Jimenez, Lab Assistant (right), prepare blood samples and perform lab tests. Candidates for COVID testing can call Ready Care at **815-564-1999** for screening and appointments.

“We had one of the very early COVID-positive patients in the area, so we were all-in very early,” added Dr. Eric Kuhns, Director of the Department of Medicine for CGH Family Medicine. “We took very drastic steps to shut down almost all routine appointments and surgeries,” he said, “and our focus turned almost entirely to, ‘How do we manage this well?’” Over the next few months, safety measures implemented at CGH included:

- ✦ Tightened visitor restrictions, travel/symptom screenings for all patients and monitoring of everyone (including employees) who came into CGH facilities.
- ✦ The organization of a COVID task force to closely monitor the virus and its symptoms and the implementation of the CGH Coronavirus Incident Command team that evaluated PPE/mask supplies, staffing, patient/employee safety and communication on a daily basis.
- ✦ The rescheduling of appointments and nonemergent, elective surgeries for the safety of staff and patients and for the conservation of PPE.
- ✦ Volunteers were asked to stay home, and it was determined which employees could work from home for an extended period of time.

“We did everything we could to prepare for the most challenging scenarios.”

- ✦ The construction of COVID “bubbles” within the Emergency Room, Critical Care Unit and surgical floors to isolate suspected or confirmed coronavirus patients, as well as sophisticated tents outside in case the volume of coronavirus-related patients overwhelmed the rest of the Emergency Department.
- ✦ CGH Telehealth (a way for patients to see their healthcare or Ready Care provider through a secure video appointment) was expanded to reduce exposure risk.

In early May, CGH began the process of slowly reopening outlying clinics and followed Illinois Department of Public Health guidelines for a gradual reopening of elective surgeries.

“People who work in healthcare believe it is their mission to care and comfort others in times of need. This mission is true, no matter if you are a doctor, nurse, receptionist or work in dietary or environmental services,” said Dr. Steinke. “The 1,585 people we have working inside the walls of this facility and all of our clinics are here to meet

the needs of the friends and family we serve each and every day. I can honestly say that employees in every department of CGH contributed to our COVID-19 efforts, and I am proud to work with such a talented and committed group of people. It was an incredible privilege for all of us to be in service during a time like this.”



Stay Informed

CGH and the Illinois Department of Public Health are both working to provide up-to-date guidance and information about COVID-19 online, from physical distancing guidelines to frequently asked questions about the pandemic. Visit cghmc.com/covid19 or dph.illinois.gov to learn more about how to keep yourself and others safe.

Welcome New Providers



Christina Miller, FNP-C

CGH DOWNTOWN MEDICAL CENTER IS PLEASED TO WELCOME **Christina Miller, FNP-C**. Miller is a Family Nurse Practitioner and joins Dr. Angel Blazquez and nurse practitioners Julie Wardell and Teresa Stout at the downtown office.

iHablo Español!

"I am motivated to be a great nurse practitioner because I understand the need for a bilingual provider. The community requires a healthcare provider who shares the same culture and can provide healthy working relationships," said Miller. "I want to be able to gain their trust and deliver compassionate care, so they are not afraid of seeking medical attention."

Miller has worked at CGH Medical Center since 2006 and received her bachelor's and master's degrees in nursing from Chamberlain University in Downers Grove. A family nurse practitioner board certified by the American Academy of Nurse Practitioners, Miller is a Certified Trauma Nurse and is certified in Emergency Pediatric Nursing and Advanced Cardiovascular Life Support.

Miller sees patients at the CGH Downtown Medical Center at 15 W. Third Street (Upper Level), Sterling, and accepts same-day appointments. To make an appointment, please call 815-625-0226.



April Fischer, APRN, FNP-C

CGH PROPHETSTOWN MEDICAL CENTER IS PLEASED TO WELCOME **April Fischer, APRN, FNP-C**. Fischer joins Dr. Matthew Wolf in Family Medicine at the Prophetstown clinic.

A CGH employee since 2012, Fischer received her bachelor's and master's degrees in nursing from Chamberlain University in Downers Grove. Fischer is a family nurse practitioner board certified by the American Academy of Nurse Practitioners and is certified in Basic Life Support and Advanced Cardiovascular Life Support.

"My transition from being a Registered Nurse to becoming a Nurse Practitioner will be an experience I will forever be filled with gratitude for," said Fischer. "Everyone I have encountered in my journey has surpassed the standard expectations of kindness and has showered me with salutations!"

Fischer sees patients at CGH Prophetstown Medical Center at 212 E. Railroad Street. To make an appointment, please call 815-537-5050.



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Rainbow-Ready Lunch

Burned out on the same salads for lunch? Jar salads are a great way to experiment with different ingredients in a reusable container.

Choose from each category:

Dressing (2-3 tablespoons)

salsa, vinaigrette, Greek yogurt dressing, pesto

Crunchy/ "Wet" Vegetables (½-1 cup)

radishes, cucumbers, tomatoes, avocados, onions, carrots, sweet peppers, celery, cauliflower, artichoke hearts

Starch/Grain (½ cup)

brown rice, peas, sweet potatoes, quinoa, corn, barley, farro, brown rice noodles, whole-wheat pasta

Protein (½ cup)

chicken, turkey, lean ground beef, low-fat sausage, hard-boiled eggs, lentils, baked tofu, fresh mozzarella, edamame, black beans, garbanzo beans

Greens (1-2 cups)

arugula, spinach, butter lettuce, fresh herbs, romaine, kale, mixed spring greens

Instructions:

1. Start with four clean glass quart-sized jars.
2. Layer ingredients in order (as listed above).
3. When ready to eat, empty contents into a bowl or on a plate. Or, shake and enjoy right out of the jar.

Serves 1 per jar

Seasoned Cook

Make four to five jars at a time to prep for the week's lunches ahead! There are infinite possibilities when you mix and match ingredients.

You've Got a Friend in the CGH Health Foundation

You've got a friend ... all you've got to do is call, and the CGH Health Foundation will be there.



With our world turned upside down, it's comforting to know that the CGH Health Foundation already has help in place — help with getting medication, transportation, mental health counseling, eyeglasses, dental care, health screenings and even scholarships.

“We're here for you, whether you need assistance now or later,” said Dr. Nancy Tran, Chair of the Foundation Annual Appeal and CGH Medical Staff President. “Local individuals, businesses, clubs and organizations band together each year to make this possible.”

During these uncertain times, the Foundation will continue to do good in spite of COVID-19. With so many unknowns, we need to be prepared:

- ✦ To bolster youth and families in ways to stay healthy and active
- ✦ To offer mental health counseling for those under increased stress
- ✦ To fund prescriptions for patients in need
- ✦ To provide transportation for our patients to get to and from appointments
- ✦ To help families who can't afford eyeglasses or dental care

“It's what we do — with your generosity,” said Dr. Tran. “Area communities have a friend in the Foundation to provide reassurance, comfort and a safety net. Who better to rely on than a community leader that has already successfully bolstered the lives of so many children and adults in need over the past 33 years?”

Please be that friend we can call on to help people who are down and need some love and care! Go to cghmc.com/foundation to help your neighbors, friends and family.



Physically Distant Summer Fun

With the homeschooling year officially over — and many summer camps and activities nonoperational due to COVID-19 — parents and caregivers are challenged with thinking outside the box to keep kids active and entertained.

“Now more than ever, we need to give kids opportunities for activity because it's critical for their physical, mental and emotional health,” said Dr. John Luckey, CGH Family Medicine. “But we know that health precautions like social distancing and self-quarantine can present a challenge. Kids need to play, have fun and be active — just make sure to build in activities that help everyone get some exercise without contact with other kids (or things touched by other kids, like playground equipment). Remember, kids should get at least 60 minutes of activity — even if it is in 10-minute increments — each day.”

Here are four tips for planning a safe and sane summer for your family:

1. Get outside for a physically distanced scavenger hunt, obstacle course, family bike ride, neighborhood walk or an outdoor exercise class. Your kids will get their much-needed vitamin D while burning off energy.
2. Think about your favorite childhood activities before screens were around. Board games, arts and crafts, science experiments and imaginary games are a great way for kids to exercise their minds.
3. Get creative with nature. When outside, gather leaves, flowers, sticks, rocks and even dirt. Kids can build, explore and create art while using fine motor skills and getting tactile with supplies.
4. Be dramatic! Incorporating artistic play — theater, puppet shows, musical contests and movement games like charades — exercise the mind and the body.

Calendar of Events

SUMMER 2020

For a full list of CGH events, visit cghmc.com/calendar.

BLOOD DRIVE

Thursdays, August 6, October 1
9:30 AM–7 PM

CGH Ryberg Auditorium

100 E. Le Fevre Rd., Sterling, IL
To schedule an appointment, call **815-625-0400, ext. 6879** (Michelle) or **ext. 5425** (Jill). Or log on to bloodcenterimpact.org and use code **3591**.

(Dates subject to change. Please check our website at cghmc.com/calendar as dates near.)

BLOOD PRESSURE AND BLOOD SUGAR SCREENINGS

First Thursday of every month
(July 2, August 6, September 3)
8–9:30 AM

CGH Main Clinic Lobby 101 E. Miller Rd., Sterling

Second Thursday of every month
(July 9, August 13, September 10)
11:30 AM–1 PM

CGH Medical Center Lobby 100 E. LeFevre Rd., Sterling

Third Thursday of every month
(July 16, August 20, September 17)
3–4:30 PM

County Market 210 W. 3rd St., Sterling

Third Friday of every month
(July 17, August 21, September 18)
8–9:30 AM

Westwood Fitness and Sports Center 1900 Westwood Dr., Sterling

CHOLESTEROL AND GLUCOSE SCREENINGS

Thursday, July 23; Thursday, August 27; Tuesday, September 29
6–9:20 AM

12-hour fast and appointment are required. Cost is \$30. Call **815-625-0400, ext. 5716**.

CGH MEDICAL CENTER
100 E. Le Fevre Road
Sterling, IL 61081

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PREPARING FOR BABY

These classes are offered via Zoom. No cost, but registration is required. Please register at cghmc.com/calendar; include your email address and a link will be sent to you.

BIRTHING AND BABY BASICS

Monday, July 6; Monday, August 10;
Wednesday, September 9
5–8 PM

Instructor: Marcela Sproul, RN, CLS
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, July 9, August 13,
September 10
5–7 PM

Instructors: Vanessa Simonton, RN, BSN, IBCLC, and Marcela Sproul, RN, CLS
Taught by our certified lactation specialists, this class shares everything you need to know about beginning breastfeeding.



Growing Healthier

SPEAKER SERIES



Join us for **FREE** programs featuring speakers on important health topics. These programs may be offered via Facebook Live or Zoom. Dates and times TBD. Please check the website or Facebook page for details! For more information, call **815-625-0400, ext. 5716**, or visit cghmc.com/growinghealthier.



July — “Your Aging Eyes: When Your Vision is No Longer 20/20”
presented by Jerald Cundiff, MD – Ophthalmology. Learn more about how your eyes change as you get older and things to watch out for.



August — “Hear Me Now: The Latest in Hearing Aid Technology”
presented by Mary Martin, AuD, FAAA – Audiology. Hearing aid technology isn't the same as it used to be. Join us as we walk through the latest developments and uses for hearing aids.



September — “I Have a Gut Feeling”
presented by Concha Sitter, MS, APN, FNP-BC, CGRN – Gastroenterology. You can reduce your risk of developing some digestive disorders. With a few tweaks to your lifestyle, plus working closely with your healthcare provider if needed, you can safeguard your gut.