



Communique

August 27, 2020

A CGH Medical Center Publication

In This Issue:

- Seventh Annual Delicious Designs Goes Virtual
- Psoriasis Awareness Month
- MASK UP Sauk Valley!
- Yoga Class
- Theresa Krueger, APN-BC
- Flu Clinic
- September Birthdays
- CGH Health Foundation T-Shirt and Mask Sales
- CGH Auxiliary Gift Shop New Fall Merchandise
- Surprise 65th Birthday Card Party for Valerie Schweiss

Seventh Annual Delicious Designs Goes Virtual

Don't miss this year's virtual version of the CGH Health Foundation Delicious Designs fundraising event! Proceeds will help purchase the new 3D Tomosynthesis mammography system being installed at CGH Medical Center later this year. All donations will be matched dollar for dollar by a generous benefactor.

"Honor the memory of a family member or friend by sponsoring a Wish List item relating to CGH breast health services," said event co-chairs Starr Coleman, HALO Branded Solutions, and Lindsey Pistole, Sauk Valley Bank. "For everyone's safety, we won't be gathering, so we need your help more than ever."

"Stronger Together" will kick off virtually September 3 at noon with a CGH Facebook Live program featuring Dr. Keith Pham, radiologist; Gina Grennan, Diagnostic Imaging director; and Erika Adams, DID breast cancer navigator, along with Coleman and Pistole. They'll discuss the new 3D system and provide details of the 2020 Delicious Designs virtual event.

Beginning that day, sponsors can choose from an online selection of Wish List items and make their "purchase" in honor of or memory of a loved one who has been impacted by breast cancer or other cancer. Turbans, scarves, mammograms, and breast cancer survivor handbooks are just a few of the choices and all will be shared with CGH patients.

The virtual version also includes a week-long online Silent Auction, to include gift baskets, services, desserts and gift cards. The auction will run from 7 a.m., Thursday, October 15 to 5 p.m., Wednesday, October 21. Gift baskets and gift cards are being sought. If interested, contact Joan Hermes at joan.hermes@cghmc.com.

There are numerous benefits from the 3D mammography system. CGH patients can expect a more comfortable mammography experience with earlier diagnosis and more sensitive readings. "The new technology will be available for all of our patients and is especially advantageous for women with dense breast tissue," said Grennan. "We are excited to be able to offer this new modality, which has a more rapid scanning ability and lower dose exposure."

It should reduce callbacks by up to 40% and has a higher resolution for more detail and easier reading by the radiologist team, Grennan said. "Plus, it will be more comfortable for our patients. The unit features a curved compression surface that mirrors the shape of the breast, for a more even compression."

Watch for more details on Delicious Designs 2020. For more information, contact Joan Hermes, executive director, at 815/625-0400, ext. 5672.



CGH HEALTH FOUNDATION
**DELICIOUS
 DESIGNS**
2020 WE'VE GONE VIRTUAL!



Psoriasis Awareness Month



August is Psoriasis Awareness Month.

Psoriasis is a common yet chronic skin condition characterized by itchy plaque, scaly rashes and red or dry patches of skin and is caused by an overactive immune system. **Dr. Chloe Payne**, CGH Dermatology, can provide tips for recognizing and managing psoriasis, plus signs and symptoms to look out for that could signal another medical condition, such as diabetes or heart disease! She is now offering telehealth appointments - secure video appointments without leaving the comfort and safety of your home - for both new and established patients.

For more information, or to make an appointment, please call the CGH Dixon Medical Center at (815) 284-1600.

Yoga Class

Yoga class is being offered at 2600 N. Locust on the lawn on the north side of the parking lot, Monday's at 5:15 p.m. 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.



MASK UP SAUK VALLEY!

Protect & Respect Our Community

- WEAR A MASK
- WASH YOUR HANDS
- STAY 6 FEET APART
- STAY HOME WHEN SICK

#maskupsaukvalley #strongertogether #cover-clean-contact-confine

The Whiteside County Healthier Communities Partnership has launched an education campaign

Mask UP, Wash UP, and Back UP!

to encourage the Sauk Valley to follow the recommended safety precautions.

We know this is a challenging time for everyone; let's continue to be Sauk Valley Strong as we support each other through this Pandemic.



CGH Main Clinic Welcomes Theresa Krueger, APN-BC Internal Medicine

CGH Main Clinic is pleased to welcome Theresa Krueger, APN-BC. Theresa joins Dr. Vincent Racanelli as a family nurse practitioner in the 2nd floor Internal Medicine department.

Theresa has worked at the CGH Wound Healing Center as a nurse practitioner since 2017 and will continue to see patients there as well. Theresa received her MSN from Chamberlain College of Nursing, her BS in Nursing from American Sentinel University, and her LPN from Sauk Valley Community College. She is certified in Advanced Cardiovascular Life Support.



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



Influenza Injections

Starting September 28

Now Taking Appointments for the Seasonal Flu Clinic
Patients must have an appointment to ensure social distancing practices are being followed.

**Adults and Pediatric Patients 9 years or older
with private insurance and Medicare**

*Clinic will be held at CGH Main Clinic in the 1st floor Internal Medicine department.
Please call (815) 625-4790, ext. 6886 to schedule an appointment.*

**Pediatric Patients 6 months to 8 years of age
Patients 18 years and younger with Medicaid and Managed Care Plans**

*Clinic will be held at CGH Main Clinic in the Pediatrics department.
Please call (815) 625-4790, ext. 6873 to schedule an appointment.*

Walk-ins will ONLY be allowed for CGH Employees

*If employees get their vaccine outside of the CGH Flu Clinic,
please send a copy to Lori Vandermyde in Employee Health.*

Week #1 (9/28-10/2): Monday-Friday, 8 am-4 pm
Week #2 (10/5-10/9): Monday-Friday, 8 am-4 pm
Week #3 (10/12-10/16): Monday-Friday, 8 am-4 pm

Week #4: (10/19-10/23): Mon., Wed. & Fri. 8 am-4 pm
Week #5: (10/26-10/30): Mon., Wed. & Fri. 8 am-4 pm
Week #6: (11/2-11/6): Mon., Wed. & Fri. 8 am-4 pm

September Birthdays

- | | |
|-----------------------|------------------------|
| 1 Anna Austin | 15 Kaitlin Brown |
| 1 Joanna Babi | 15 Kevin Harshman |
| 1 Sherilyn Corwell | 15 Vanasha Jones |
| 1 Brandy Galvan | 15 Chassity Rayhorn |
| 1 Mary Gerken | 16 Lissett Ramirez |
| 1 Casey Lafrentz | 17 Tracy Boyle |
| 1 Logan Miller | 17 Jimenez Sierra |
| 2 Nancy Shank | 18 Alaina Burtlow |
| 2 Michael Straub | 18 Kimberly Cook |
| 3 Nathan Ackert | 18 Nadejda Dillon |
| 3 Cheri Blair | 18 Jaclyn Ditzler |
| 3 Russell Blase | 18 Kimberly King |
| 3 Mary Nelson | 19 Erika Adams |
| 3 Cristina Quinn | 19 Pamela Capp |
| 3 Cherish Rhodenbaugh | 19 Teresa Cramer |
| 4 Heidi Brown | 19 Courtney Pierceson |
| 4 Christopher Fry | 19 Catherine Roux |
| 4 Trisha Harden | 20 Kayla Bland |
| 4 Nora Serrano | 20 Cordus Easington |
| 4 Denise Wooden | 20 Chad Hartman |
| 5 Jane Duffy | 21 Judy Coppotelli |
| 5 Gayle Ledford | 21 Brooklynn Freas |
| 5 Heather Loftus | 21 Carol Garcia |
| 5 Victoria Magana | 21 Amy Hicks |
| 6 Tearra Gallentine | 21 Amanda Michel |
| 6 Roxane Gluff | 21 Jennifer Porter |
| 6 Brianne Hamstra | 22 Elizabeth Coss |
| 6 Crystal Hughes | 22 Andrew Cruse |
| 6 Jouquenia Johnson | 22 Linda Lightner |
| 6 Tara Mackey | 22 Kathleen Milby |
| 7 Janine Fischbach | 22 Lirije Tefiku |
| 7 Christine Lawson | 22 Shirley Wolford |
| 7 Megan Parkinson | 23 Tara Jackley |
| 7 Penny Smit | 23 Jeffrey LeMay |
| 7 Marjorie Wiley | 24 Jordanna Devine |
| 8 Sherry Cushing | 25 Mackenzie Foy |
| 8 Ashley Reed | 25 Tiffany Manzano |
| 9 Chelsey Vetter | 25 Laurie Terry |
| 10 Wes Bittner | 25 Kaitlin Vandermyde |
| 10 Kaylyn Booker | 25 Brooke Witmer |
| 10 Janelle Schmitt | 26 William Gallentine |
| 10 Connie Stern | 26 Melissa Greschke |
| 10 Kelli Vilmont | 26 Gayle Maupin |
| 11 Penny Avila | 26 Sarah Walls |
| 11 Shelley Chappell | 26 Beth Warner |
| 11 Ashley Clayton | 27 Maggie Springer |
| 11 Cari Halverson | 28 Kari Folkers |
| 11 Bruce Henson | 29 Ian Eastman |
| 11 Kathy Spillman | 29 Neil Jones |
| 11 Nancy Wait | 29 Brianna Richardson |
| 12 Ben Mireles | 29 Carrie Rodriguez |
| 12 Alicia Rosas | 29 Randy Scott |
| 12 Becky Straub | 29 Heather Trotter |
| 12 Cynthia Wadsworth | 29 Antonia Weaver |
| 13 Christine Grennan | 29 Dawn Willman |
| 13 Maureen Leal | 30 Kimberly Damhoff |
| 13 Jennifer Olson | 30 Lisa Delgado-Flores |
| 13 Michele Schueler | 30 David Knutti |
| 14 Jennifer Deetz | 30 Jason Schneider |
| 14 Shannon Klausung | 30 LuAnn Stukenberg |
| 14 Marla Rhodes | |

Stranger Together

CGH Health Foundation & CGH Medical Center Shirt and Face Mask Sales

Social Distancing will be enforced

**Tuesday,
September 1**

11 am - 1 pm

CGH Classroom 1



Face Mask design



Shirt design



Off-site clinic employees, please interoffice or email your payroll deduct/order forms to Amanda Blaine, Foundation.

We will interoffice your order back to your office.

If you work onsite at CGH, please plan to come to one of the onsite sales.

\$20 T-Shirts (S-XL)

\$27 Long Sleeve Shirt (2XL-3XL)

\$22 T-Shirts (2XL-3XL)

\$30 Crew Neck Sweatshirt (S-XL)

\$20 Women's Cut V-Neck T-Shirts (S-XL)

\$34 Crew Neck Sweatshirt (2XL-3XL)

\$22 Women's Cut V-Neck T-Shirts (2XL-3XL)

\$35 Hoodie (S-XL)

\$25 Long Sleeve Shirt (S-XL)

\$39 Hoodie (2XL-3XL)

\$10 Navy Face Masks - to be delivered in September

Cash, Check, Venmo and Payroll Deduct accepted

All proceeds go towards purchasing the new CGH 3-D Tomo Mammography system



CGH AUXILIARY GIFT SHOP

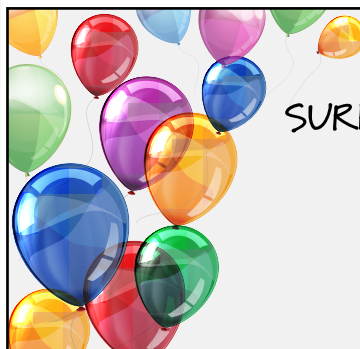
**NEW FALL
MERCHANDISE!**

HOURS:

MONDAY - FRIDAY

9 AM - 4 PM

(subject to change)



On September 7 there will be a
SURPRISE 65th Birthday Card Party
for Valerie Schweiss

Please send a birthday card to:
19720 Pennington Rd
Sterling, IL 61081