

LEAVE A LEGACY

Courtesy of the CGH Health Foundation

March 11, 2022



Step It Up walkers reach 6.82 million steps in February

By Feb. 10, Sauk Valley area walkers had tallied nearly 2 million steps, beating the original Step It Up challenge of 1 million set for Heart Month by the CGH Health Foundation.

"We totally underestimated the heart (and feet) of our community," said Sherry DeWalt, Foundation Healthy Lifestyles Coordinator. "After the first week of the Step It Up challenge we reached almost two million steps. We put out the new goal of TEN MILLION steps before the end of February!"



Peyton Burns,
Beats winner

Prizes were awarded weekly to participants, who entered their steps through a link to the CGH Medical Center website. Gifts included t-shirts, Heart Check gift certificates, blood pressure monitors and a pair of Beats wireless Bluetooth earphones.

"We didn't make our goal of ten million steps, but we did manage to reach 6,820,238 steps!," said Sherry. "Awesome job everyone! The winner of the final drawing for a pair of Beats wireless Bluetooth earphones is Peyton Burns. Thank you to everyone who participated!"

Check out our new Facebook page

An entirely new CGH Health Foundation Facebook page kicked off on Jan. 31 in celebration of our 35th anniversary year.

"Previously, we've had a presence on the CGH Facebook page and we still will, but branching off on our own will allow us to expand our message to the good folks of the Sauk Valley," said Martha Kophamer, Foundation chair. "We'll continue to share the news on how lives have been impacted, bringing you testimonials, photos, videos, helpful tips and loads of health information we know will make a difference in your life. We also want to make sure that you know exactly what our resources are in case you need help or you know someone who does."

A retired CGH nurse from Morrison, Martha is featured in a video announcing the new page. She has been a Board member for 14 years and has been instrumental in the Foundation's success.



Martha Kophamer,
CGH Health Foundation
Board Chair

"In all, there are 20 programs which help you, your family, friends and neighbors stay healthy, safe and strong," said Martha. "My gratitude goes out to all of you who have help us raise the funds for this important work. Thank you so much."

There is lots more to tell about how the CGH Health Foundation lends a hand in the Sauk Valley. Please stay in touch with us and spread the word about all that we do. You are our Partner in Good Health! Search for CGH Health Foundation (pictured below) on Facebook and Like us!

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Your Partner in Good Health for 35 years

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cghmc.com

All charitable gifts made to the hospital are administered by the CGH Health Foundation, a 501(c)(3) corporation.

Crazy for a Cure is Crazy Successful!

Sterling High School Student Council members and their advisors were all smiles recently as they donated the \$4,500 Crazy for a Cure event proceeds to the CGH Health Foundation.

The annual benefit for area cancer patients was held Feb. 3-4 during the boys and girls basketball games. Student Council members sold t-shirts, had raffle baskets, a dessert raffle and also sold Valentines.

The Sterling elementary schools hosted a pajama and hat day and students made a donation of their choosing.

This donation will impact people you know and love, providing mammograms, breast biopsies, ultrasounds, MRIs, meals for chemotherapy patients, cancer comfort bags, wigs, scarves, turbans, surgical camisoles and gas cards.

For more information, go to <https://www.cghmc.com/foundation/supported-programs/>



From left are Alexis Herrera, (Advisor), Lizbeth Valdivia (Senior Rep.), Megan Gingrich (Junior Rep.), Tori Arduini (Co-Pres.), Foundation Executive Director Joan Hermes, Sydnee Thueson (Co-Pres.), Kathryn Rowzee (Vice Pres.), Keira Ramirez (Sophomore Rep.), Ellie Aitken (Freshmen Rep.), and Nicole Schlemmer (Advisor).



Thank you AJHS Student Council

Decked out in Hawaiian attire for “Say Aloha to Test Stress Day” at Amboy Junior High School, Cooper Whitney, AJHS



Student Council president, presents a \$500 gift to Amanda Blaine, CGH Health Foundation development officer, for the CGH Women’s Health fund.

The AJHS Student Council sold 1000 suckers during

October. The funds raised will be used to purchase supplies needed for the comfort bags given to cancer patients during their treatment.



3-2-1 Brownie

Hankering for a healthier version of a long-time favorite – the brownie?

Check out the 3-2-1 Brownie video on the CGH What’s Cooking Blog, created by Healthy Lifestyles Coordinator Sherry DeWalt. Her recipe helps to satisfy those chocolates cravings in a healthy way. It's just 3 ingredients and cooks in 2 minutes to make 1 serving.

A Foundation staffer since 2016, Sherry practices what she preaches when it comes to healthy eating and exercising. Whether it’s soups, salads, sides, sandwiches, snacks or starters, Sherry just might have created a healthier version in her video series featured at www.whatscookingcgh.com.

Her “Beyond Trim” column featured regularly in Sauk Valley News is a source of great information on food and fitness and how each affects your overall health. These articles are also found on the webpage.

CATCH ‘em being healthy

Nearly 2,000 Sterling and Rock Falls students have learned about how good nutrition and more physical activity can improve their mind and body through CATCH, a program funded by the CGH Health Foundation.

Sterling and Rock Falls grade schoolers are learning the “Go, Slow, Whoa” approach when it comes to nutrition. The green light, yellow light, red light CATCH method helps kids to rate how good or bad a certain food is for their growing bodies.

The students have heard the message this past year in the classroom and via video, courtesy of a joint project by school administration, Sterling Rock Falls Family YMCA and the CGH Health Foundation.

Since 2014, students have jumped and jiggled to the fun activities led by YMCA staff or learned how eating certain foods can affect their mind and body. CATCH (Coordinated Approach to Child Health), a national research-based program used by 15,000 schools, maintains a healthy student has less school absences, is more attentive in class, has fewer behavioral issues and scores better on tests.

The CATCH curriculum involves students, teachers, administrators, parents, food service and other support staff in learning how nutrition and physical activity combine in developing a healthy child.

During this National Nutrition Month, take some time to find out just how much your children or grandchildren know about the foods they eat. Head out to the park or walking path and get them moving!

For more information on other CGH Health Foundation programs or to make a gift, go to www.cghmc.com/foundation.

