



# Communique

August 25, 2022

A CGH Medical Center Publication

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## **CGH Medical Center Welcomes Twinkle Singh, MD**

CGH Medical Center is very pleased to welcome Twinkle Singh, MD. Dr. Singh is an Interventional Cardiologist and joins the Cardiology department, where she will be working with Hassan Kieso, MD, FACC; Tracey Aude, RN, MSN, CNP; Edita Danaiaata, MSN, APRN, A-GNP-C; Jobelle Gamboda, MSN, APRN, CNP-AG, CVNP-BC, RCIS; Polly Nobis, RN, MS, FNP; Theresa Rogers, MSN, APRN, FNP-C; and Danelle Saunders, APRN, FNP-BC.

Dr. Singh is a graduate of Bangalore Medical College and Research Institute in India. She completed an Internal Medicine residency at Medical College of Georgia in Augusta. Dr. Singh completed a fellowship in Cardiovascular Disease as Chief Fellow at Tulane University in New Orleans, Louisiana, as well as Interventional Cardiology and Endovascular Interventional Cardiology fellowships at Mount Sinai Icahn School of Medicine in New York City. Dr. Singh is board certified in Internal Medicine and is a Diplomate of the American Society of Echocardiography.

Dr. Singh is currently accepting new patients in the Cardiology department at CGH Main Clinic, 101 E. Miller Road in Sterling.



**Twinkle Singh, MD**  
*Interventional Cardiologist*



# Fall Workshops on Legal, Financial and Care Planning for Dementia

The CGH Health Foundation, in partnership with the Alzheimer's Association, is hosting a three-part series on legal, financial, and care planning following a dementia diagnosis.

The following workshops will be at Bethel Reformed Church in Sterling at 5:30pm:

- September 1 - "First Steps and Your Legal Plan"
- October 6 - "Money Matters"
- November 3 - "Options for Care"

Each workshop will feature an educational presentation followed by a panel of experts who will talk about steps to take and answer questions from attendees.

The presentations are geared for dementia caregivers/patients and professionals who have a focus on dementia-related services. Register for the workshops at [cghmc.com/dementiaworkshop1](http://cghmc.com/dementiaworkshop1). For more information, contact Foundation Executive Director Joan Hermes at ext. 5672.

Creating a plan for your future in the early stage of the disease can be empowering and ensure your wishes are met. The sooner you establish your plan, the better prepared you and your family will be. You can then focus on enjoying your life moving forward.

# CGH Auxiliary Volunteer Spotlight

**Name:** Kari Willman

**I live in:** Rock Falls

**Joined CGH Auxiliary in:** 2018

**Hobbies:**

I love to travel. I also like to socialize with my circle of friends and meet new people. I love to attend any kind of sporting events, especially my grandchildren's games. I love Pro Football also!



**KARI WILLMAN**

**Area(s) of Volunteer Service:**

I have worked in Oncology and Surgical Waiting. Currently, I work at the front desk.

**Hours:** 768.75

**What I enjoy most about volunteering:**

I like working and helping people! I like to start a conversation with people to make them feel more comfortable with the hospital surroundings. It is also fun to work with a great group of people. Most of all, working at the hospital is guaranteed that there is never a dull minute!



3-Part Series

## Fall Dementia Workshop

*in partnership with the Alzheimer's Association*

Thursday, September 1 • October 6 • November 3  
at 5:30pm

Bethel Reformed Church, 230 E. 23rd St, Sterling

Thursday, September 1

### First Steps and Your Legal Plan

**FEATURING**

Panelists from area agencies which have a focus on dementia will speak on:

- Basics of legal planning
- Determining legal capacity
- Living will, standard will
- Living trust, guardianship
- Power of Attorney for healthcare
- Options for care and property
- Adult protective services
- Living with dementia

(BOX LUNCH WILL BE SERVED)



**Sam Meier, Facilitator**  
CGH Health Foundation  
Trustee  
Edward Jones Financial  
Advisor



**Joe Landmichl**  
"Understanding Alzheimer's  
and Dementia"  
Alzheimer's Association  
Educator

**PANELISTS**



**Tim Scordato**  
Staff Attorney  
Northwestern  
Illinois Area  
Agency on  
Aging



**Jamie Long**  
Founder & CEO  
Benefit  
Advocate/  
Goldercare  
Solutions



**Carli Jonet**  
RSVP Director  
Lifescape  
Services



**Margaret Zumdahl**  
Living with  
Dementia



**Mark Zumdahl**  
Dementia  
Caregiver

*Trained healthcare professionals will be available to care for your loved one with dementia while you attend the workshop.*

To register visit,  
[www.cghmc.com/dementiaworkshop1](http://www.cghmc.com/dementiaworkshop1)  
For more information, contact,  
Joan Hermes: (815) 625-0400, ext. 5672



## Staff Book Exchange



# LENDING LIBRARY

## Take a Book Leave a Book

Looking for an exciting new read? Have some gently used books at home that you have read and don't want to keep? Take advantage of one of the "Take a Book... Leave a Book" Staff Book Exchange/Lending Libraries!

Located in the back of the CGH Café at the hospital and in the CGH Dixon Clinic breakroom, the libraries provide an excellent and safe opportunity to borrow, exchange and share books with your coworkers! Check them out today!

# 2022 Delicious Designs to be Hosted Virtually

Sauk Valley area women receiving breast health services and those impacted by dementia could use your help!! An easy way to make a difference in their lives is by supporting the ninth annual CGH Health Foundation Delicious Designs event, which is being hosted VIRTUALLY October 20 at 7 am to 8 pm on October 25 this year.

Proceeds from the annual event will fund the new Dementia Project as well as the long-time Women's Health Program. The CGH Health Foundation has dedicated this year to raising awareness of dementia and to providing new or expanded resources for area families on the journey. Did you know 2/3 thirds of dementia cases are women?

We will continue to partner with CGH Medical Center in providing screening mammograms with no out-of-pocket costs to area women. Diagnostic tests, breast biopsies, ultrasounds and MRIs are also partially covered. Comfort bags for breast cancer patients and meals for CGH Medical Center chemotherapy patients are funded as well.

Event Co-Chairs are Gina Grennan, CGH Diagnostic Imaging Director; Kayla Brown, McDonald Funeral Home Funeral Director, and Lindsey Pistole, Sauk Valley Bank VP of Retail. There are a variety of ways to get involved:

- Bid on over 150 baskets, services, experiences and gift cards during the five-day virtual auction Sponsor a Wish List item for our patients
- Create a Purple or Pink Ribbon Tribute in honor of or in memory of a loved one impacted by breast cancer or dementia
- Sponsor a \$240 "virtual" table
- Sponsor a \$300 dessert, make arrangements with the baker on the date!
- Share our event information with your social media friends

Questions? Contact Foundation Executive Director Joan Hermes at 815/625-0400, ext. 5672 or 815/973-6815.



## Brenna Meade, RN Medical Floor

### Fun facts about me:

I have many, many houseplants, including a 6-foot tall Ficus tree. I have three Redbone Coonhounds. I also have a nine year old and a one year old son.

### My best career lesson:

Teamwork is imperative in nursing.

### 3 words that describe me:

Caring, Organized and Funny

### When I'm not working, I enjoy:

I spend most of my time with my husband and two kids.

### What I like about my job:

I enjoy spending time with patients.

### My job duties:

I am chemotherapy certified and a charge nurse on Medical Floor.



August '22

## Community Events

*Fall is a busy time for CGH marketing, emergency services, first aid and the community outreach teams! Here are just a few upcoming events we will be sponsoring/participating in if you would like to join us!*

### Saturday, September 17

**Harvest Hammer, 5k Run/Duathlon** • Morrison • 9 am  
CGH Rehab Tent with water and information  
[www.harvesthammer.org](http://www.harvesthammer.org)

**Paint the Town** • Morrison • Noon  
CGH Ambulance and First Aid Tent  
[www.paintthetownmorrison.com](http://www.paintthetownmorrison.com)

**69th Annual Fiesta Day Parade** • 1 pm  
Ambulance in parade, CGH Community Outreach Group in Parade

### Saturday, October 2

**29th Annual Pumpkin Dash** • Hoover Park, Sterling • 9 am  
Registration starts at 9 am  
CGH Ambulance and First Aid Tent  
[www.sterlingparks.org](http://www.sterlingparks.org)

### Tuesday, October 4

**Senior Fair** • Northland Mall • 10 am – 2 pm  
Many CGH Booths and staff will be there, including:  
Auxiliary, Home Nursing, Health Foundation, Vision Center, Respiratory/Sleep Lab and Podiatry.

### Saturday, October 15

**Sauk Valley Out of the Darkness Walk for Suicide Awareness**  
Page Park, Dixon • 10 am  
[www.afsp.org/SaukValley](http://www.afsp.org/SaukValley)

Visit the Heartbeat for flyers, walk registrations and more information!

# September Birthdays

|    |                   |    |                       |
|----|-------------------|----|-----------------------|
| 1  | Carmen Aguilar    | 14 | Shannon Klausung      |
| 1  | Sherilyn Corwell  | 14 | Marla Rhodes          |
| 1  | Caleb Drew        | 15 | Kaitlin Brown         |
| 1  | Brandy Galvan     | 15 | Kevin Harshman        |
| 1  | Mary Gerken       | 15 | Vanasha Jones         |
| 1  | Joanna Gorski     | 15 | Chassity Rayhorn      |
| 1  | Casey Lafrentz    | 16 | Lisett Ramirez        |
| 1  | Logan Miller      | 17 | Tracy Boyle           |
| 3  | Nathan Ackert     | 17 | Brenda Sierra Jimenez |
| 3  | Deborah Bieneman  | 18 | Alaina Burtlow        |
| 3  | Cheri Blair       | 18 | Kimberly King         |
| 3  | Mary Nelson       | 18 | Vinh Nguyen           |
| 3  | Cristina Quinn    | 18 | Jackie Sciacero       |
| 4  | Christopher Fry   | 18 | Jackie Sciacero       |
| 4  | Trisha Harden     | 19 | Erika Adams           |
| 4  | Nora Serrano      | 19 | Pamela Capp           |
| 4  | Tyler Thompson    | 19 | Josh Minor            |
| 4  | Denise Wooden     | 19 | Katlyn Nelson         |
| 5  | Jane Duffy        | 19 | Catherine Roux        |
| 5  | Heather Loftus    | 20 | Kayla Bland           |
| 6  | Tearra Gallentine | 20 | Cordus Easington      |
| 6  | Roxane Gluff      | 20 | Chad Hartman          |
| 6  | Brianne Hamstra   | 21 | Judy Coppotelli       |
| 6  | Crystal Hughes    | 21 | Carol Garcia          |
| 6  | Jouquenia Johnson | 21 | Amy Hicks             |
| 6  | Michelle Kelly    | 21 | Amanda Michel         |
| 6  | Tara Mackey       | 21 | Jennifer Porter       |
| 7  | Janine Fischbach  | 22 | Elizabeth Coss        |
| 7  | Christine Lawson  | 22 | Andrew Cruse          |
| 7  | Megan Parkinson   | 22 | Linda Lightner        |
| 7  | Penny Smit        | 22 | Kathy Milby           |
| 7  | Marjorie Wiley    | 22 | Lirije Tefiku         |
| 8  | Nicole Heun       | 23 | Tara Jackley          |
| 9  | Kristin Hornung   | 23 | Jeffrey Lemay         |
| 9  | Molly Mammosser   | 25 | Tiffany Manzano       |
| 9  | Chelsey Vetter    | 25 | Laurie Terry          |
| 9  | Maher Younes      | 25 | Kaitlin Vandermyde    |
| 10 | Wes Bittner       | 25 | Brooke Witmer         |
| 10 | Janelle Sharp     | 26 | William Gallentine    |
| 10 | Connie Stern      | 26 | Melissa Greschke      |
| 10 | Kelli Vilmont     | 26 | Beth Warner           |
| 10 | Brooke York       | 27 | Skylar Savage         |
| 11 | Penny Avila       | 28 | Kari Folkers          |
| 11 | Shelley Chappell  | 29 | Ian Eastman           |
| 11 | Ashley Clayton    | 29 | Neil Jones            |
| 11 | Bruce Henson      | 29 | Emily Millan          |
| 11 | Kathy Spillman    | 29 | Taryn Munroe          |
| 11 | Nancy Wait        | 29 | Carrie Rodriguez      |
| 12 | Colt Adams        | 29 | Delaney Tegeler       |
| 12 | Lisa Law          | 29 | Brianna Tornow        |
| 12 | Ben Mireles       | 29 | Heather Trotter       |
| 12 | Alicia Rosas      | 29 | Antonia Weaver        |
| 12 | Becky Straub      | 29 | Dawn Willman          |
| 12 | Cynthia Wadsworth | 30 | Kimberly Damhoff      |
| 13 | Maureen Frey      | 30 | Lisa Delgado-Flores   |
| 13 | Christine Grennan | 30 | Jason Schneider       |
| 13 | Jennifer Olson    | 30 | LuAnn Stukenberg      |
| 14 | Jennifer Deetz    |    |                       |

# Welcome New Employees



**Jordan Britt**  
Food & Nutrition Assistant Dietary



**Julien Ramos**  
Food & Nutrition Assistant Dietary



**Karisa Kramer**  
General Secretary Laboratory



**Carlee Ralledge**  
CNA Cardio Lab



**Gayle Barrientos**  
Housekeeper I EVS



**Trisha Meyer**  
Cardiac Monitor Tech CCU



**Caleb Drew**  
CNA Acute Care Services



**Kathy Swigart**  
Teacher Daycare



**Tammy Martin**  
Cook Dietary



**Julie Jensen**  
CNA Float Hospital



**Zoey Smith**  
Phlebotomist Laboratory



**Brandi Barron**  
EMR Trainer EMR



**Taylor Colville**  
RN Pain Clinic



**Ashley Lewis**  
Pharmacy Technician Pharmacy



**Payton Pratt**  
Sterile Processing Tech Sterile Processing



**Kim Poci**  
RN Internal Medicine Clinic



**Debbie Bieneman**  
Linen Specialist Laundry



**Cynthia Rodriguez**  
CNA Internal Medicine Clinic



The CGH providers you trust

### The Benefits of CGH TeleUrgent Care:



**CGH-Only Providers**  
You'll always be connected with a local CGH Nurse Practitioner or Physician Assistant that has all your CGH medical records on hand.



**Expanded Hours**  
Reach a provider from 7am to 7:30pm, 7 days a week. CGH TeleUrgent Care is available outside of normal office hours.



**Available Anywhere**  
CGH TeleUrgent Care is available from your phone anywhere with a stable internet connection.



**Prescriptions**  
If you need a prescription for your treatment after your TeleUrgent visit we will send it to the pharmacy of your choice.



**How to Schedule • Available 7 days a Week**  
Visit [www.cghmc.com/TeleUrgent](http://www.cghmc.com/TeleUrgent) or call (815) 564-4200  
*(receive confirmation of your visit within 30 minutes)*  
Like in-office appointments, CGH TeleUrgent visits will be billed to your insurance.