

Memories Matter.

In Support of Dementia Awareness

2022 Annual Appeal Campaign

*Devoted to raising awareness of
dementia/Alzheimer's by offering
resources & assistance for those impacted*

*In memory of Betty and Hugh Miller,
Rock Falls, whose bequest
sparked this initiative*

Did you know?

- Dementia is NOT a normal part of aging
- Every 65 seconds someone is diagnosed with dementia
- 5.8 million Americans live with dementia
 - By 2050 there will be 14 million
- 80% of the care is provided by family & friends
- 2/3 of cases are women
- After age 65 risk doubles every 5 years
- Exercise, diet, levels of cognitive activity, & social engagement all affect risk

5.8 million people are living with dementia and by 2050 this number is expected to rise to nearly 14 million.

There are 3 Stages:

- Early/**Mild**
- Middle/**Moderate**
- Late/**Severe**





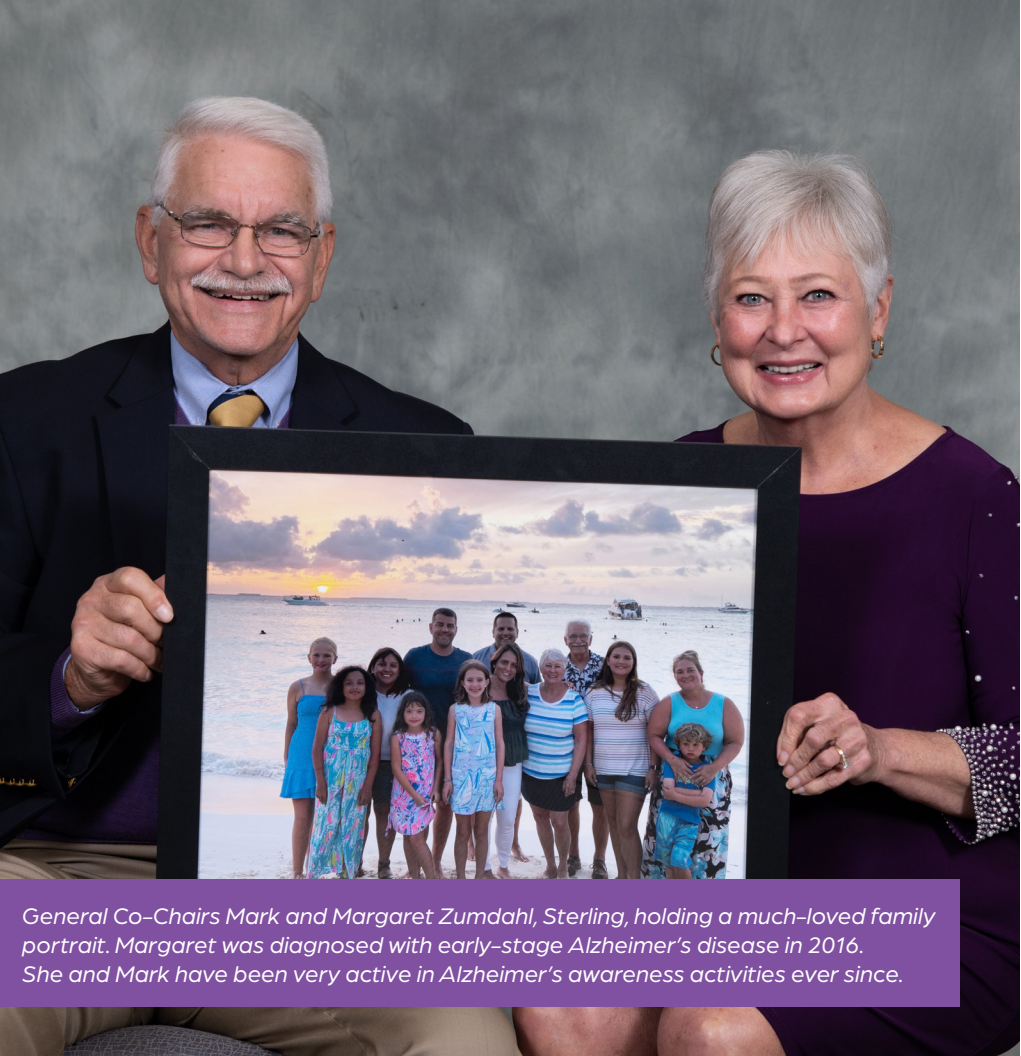
Celebrate, Celebrate, Celebrate... the lives of those impacted by dementia.

"We need the good folks of the Sauk Valley to learn about how dementia impacts so many lives and to join us in creating a better support system in our area.

Please consider partnering with the CGH Health Foundation: donate, spread awareness, and provide resources for other families on the dementia journey."

– Mark & Margaret Zumdahl

*General Co-Chairs
2022 CGH Health Foundation Annual Appeal*



Mark & Margaret Zumdahl

"Alzheimer's disease runs rampant in my family, with my mom, my aunts and uncles, and now my brother and me, living with it. It was frightening to learn of my diagnosis in 2016 and without my husband, Mark, I could not have thrived as well as I have.

I'm one of the lucky ones — I've been in a drug trial and the progress of my symptoms has certainly been slowed. We decided from the start that we needed to adapt to the new normal and do whatever we could to live as best we could.

We've done everything as a team, from advocating with legislators for research funds to assisting with support groups to partnering with medical students who want to learn more about the disease. Yes, it's difficult at times, but we are determined to enjoy every day and take the future as it comes."

General Co-Chairs Mark and Margaret Zumdahl, Sterling, holding a much-loved family portrait. Margaret was diagnosed with early-stage Alzheimer's disease in 2016. She and Mark have been very active in Alzheimer's awareness activities ever since.

Veronica Edwards

"They say dementia can be a long goodbye. I can personally attest to that, having lived this journey with my mom, Betty Miller. I first noticed signs of the disease in 2011. Others started to notice when she lost her signature "sparkle in her eye". We slowly watched her slip away from us until she passed in 2020.

To a degree, Mom knew she was losing parts of her memory. That was really difficult to observe, but strangely inspiring as well, because she had a very special way of directing the conversation so others did not realize she was suffering with dementia.

To the end, she always had a sense of comfort and compassion about her when interacting with others. We were lucky that the dementia did not change her personality. She remained the same patient, loving, smiling, beautiful mom we all knew, just with a few less memories.

As her advocate and caregiver throughout her journey, it was frustrating to see such huge gaps in support right here in our own community. My dad, Hugh, decided just prior to his death last year that he and Mom would help jumpstart improvements in dementia care in the Sauk Valley area."



Business Division Chair Veronica Edwards holds a photo of her mom and dad, Betty and Hugh Miller, Rock Falls, former owners of the Hugh F. Miller Insurance Agency. Veronica is CEO of the agency. Funds from the Annual Appeal and a bequest from the Millers will be used to greatly expand dementia services in the CGH Medical Center service area.

Dementia Project Outreach Planned

- Organize caregiver support groups in area towns with simultaneous activity sessions for loved ones
- Host community forum to gather suggestions on program resource development
- Provide education for professional staff, caregivers and the public
- Promote community awareness of the disease
- Create assistance fund for individuals/families in providing resources for care
- Support area agencies in their dementia activities
- Present workshops on legal and financial planning
- Provide music therapy instruments for memory care facilities

All Projects

- Dementia Project • Ways to Wellness counseling • Childhood Trauma Project
- Pediatric Mental Health • CGH Pediatrics Rehab Center • Cancer Comfort Care
- Eyeglasses for Kids/Adults • Women's Health • Medication Assistance
- CATCH/Nutrition & Fitness • Transportation Assistance • Cardiac/Workplace Wellness
- Prescott Dental Clinic • Scholarships • Cardiac/Pulmonary Rehab • COVID-19 Fund



Your dollars stay local

Here's what your gift can do for an area child or adult:

- \$10 buys meals for two patients during chemotherapy
- \$80 provides free eyeglasses for a child in need
- \$100 covers the cost of musical instruments for dementia patients
- \$150 funds education sessions for three diabetics
- \$250 assures a ride to appointments for 10 patients
- \$300 provides therapy toys for the CGH Pediatric Rehab Center
- \$500 sponsors medication for 20 individuals
- \$500 covers individual grants for families impacted by dementia
- \$1,000 affords counseling services for 40 patients

**Over the past 35 years,
the CGH Health Foundation has
boosted the lives of over 618,000
children in the Sauk Valley.**



Medical Division Chair Dr. Eric Kuhns, general practitioner with the CGH Department of Family Medicine, was one of his mom's main caregivers before her death in 2020.

Dr. Eric Kuhns

"My mom, Beate, was always a model of health and strength, but Alzheimer's disease crept in and changed many things. It's a cruel thing, dementia, one I can only maybe understand as Purgatory on Earth.

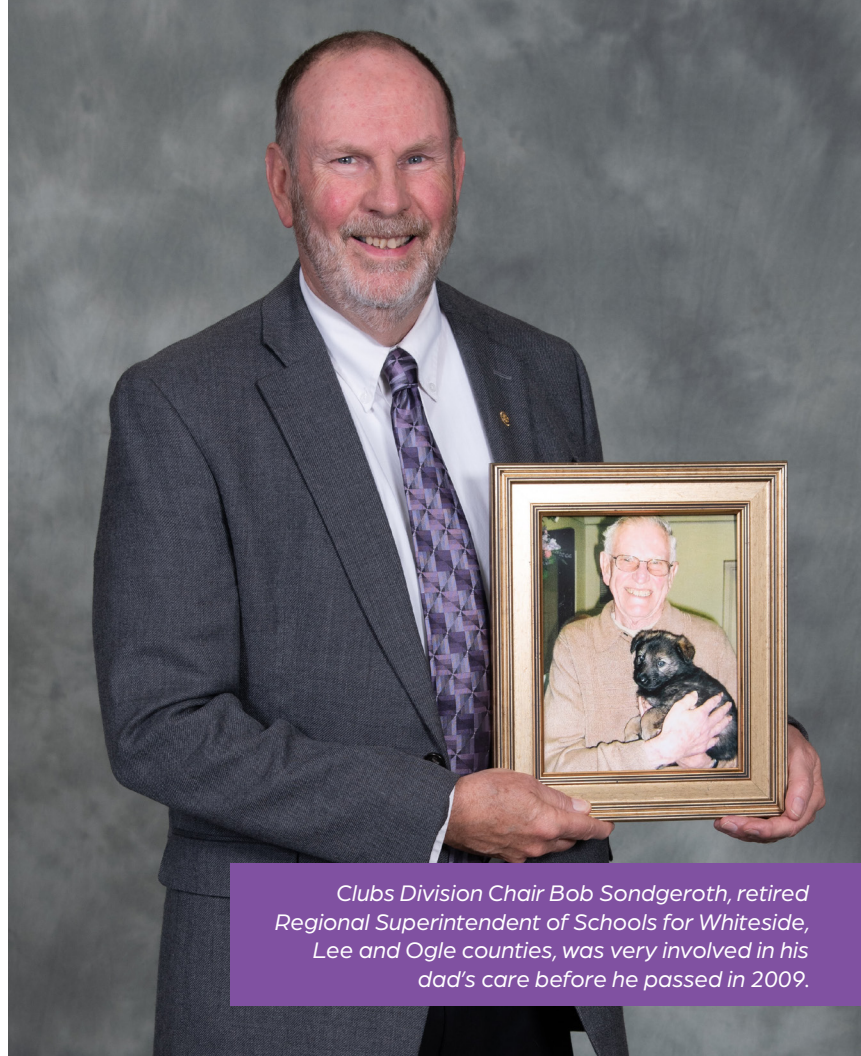
Mom remained incredibly strong and fit when her mind failed her, and was quite a handful. We would often joke that she would win the Alzheimer's Olympics, hands down. "Escaping" and running miles, scaling fences, whatever it took, Mom was always on the move. She had the same energy and intensity as before, only maddeningly without purpose, and so hard to keep safe.

She is finally at peace now, and while we will miss her each day, her legacy of searching for the best in each situation endures. Both in my practice and in behalf of the CGH Health Foundation, I carry her example with me in hopes of helping others on their dementia journey."

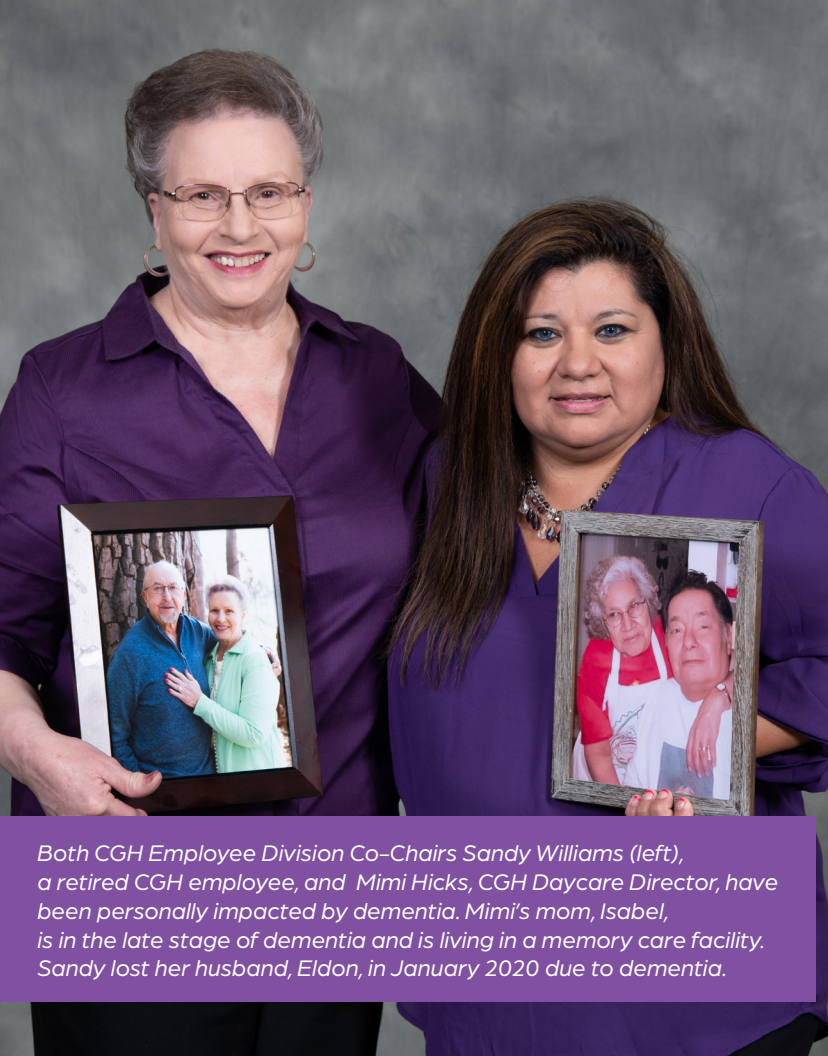
Bob Sondgeroth

"One of the most difficult aspects of my dad's dementia journey was that instead of him taking care of our family, we were taking care of him – it was a role reversal. In 2005, we started noticing that my father, Donald, was getting forgetful. Just minor things at first, but then he was forgetting to eat. It was the day that he could not remember how to put gas in his Jeep that was the turning point. He gave me his keys and decided to stop driving.

I wish our family would have had the support of others that could have told us what to expect and what signs to look for. The word dementia was not something people would talk about, there was a stigma. Our family had to figure out many things on our own. We can all help smooth the dementia journey for others by learning more about this disease and supporting the Foundation project."



Clubs Division Chair Bob Sondgeroth, retired Regional Superintendent of Schools for Whiteside, Lee and Ogle counties, was very involved in his dad's care before he passed in 2009.



Both CGH Employee Division Co-Chairs Sandy Williams (left), a retired CGH employee, and Mimi Hicks, CGH Daycare Director, have been personally impacted by dementia. Mimi's mom, Isabel, is in the late stage of dementia and is living in a memory care facility. Sandy lost her husband, Eldon, in January 2020 due to dementia.

Sandy Williams

"The hardest part was watching him decline, being there 24/7 and watching my life partner slowly leave. I relied on God, my family and church to get through it, but it would have been great to talk to someone about how to handle some of the difficult situations we encountered."

Mimi Hicks

"Finding a safe and affordable facility is definitely a hard part of dealing with this diagnosis. It is difficult to talk to your loved one when you know they do not have any idea who you are and they do not look at you like they used to. You have no idea what all is involved before you reach that moment – it was a learning by doing experience."

Along with raising funds, we want to know what else the Foundation can do to help those going through this difficult journey. Our goal is to make it easier to find information, to add or expand resources and services in the area and to raise awareness about dementia and how it changes lives so dramatically."

Go to **www.cghmc.com/giving-back**
to help your neighbors, friends and family.

Gifts are tax deductible as provided by law.

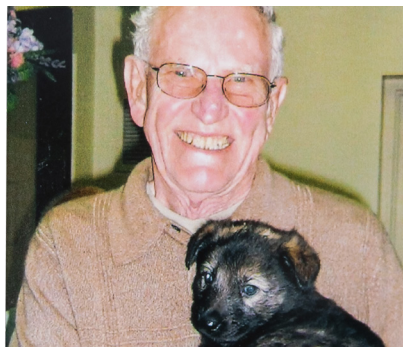
Help us create **more memories.**

Make your gift

Your contribution provides reassurance, comfort and a safety net for those children and adults in our area communities who need a boost. Every dollar counts toward the \$475,000 goal!

Send your gift to:

CGH Health Foundation,
100 E. LeFevre Road, Sterling IL 61081
or go to **www.cghmc.com/giving-back**



Ways to give

- Cash/check • Online giving • Credit/debit card
- Bank Bill pay • Employer matching gift
- Venmo @CGH-HealthFoundation

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