



January 12, 2023

A CGH Medical Center Publication

Communique

JANUARY IS MENTAL WELLNESS MONTH

It's a good time to check in with yourself and your loved ones to see how they are doing. New Year's resolutions often focus on physical fitness: trying out a new diet, exercising more, and so on. But you should also keep in mind that mental health is just as important as physical health in your life.

An individual's mental health fluctuates daily, depending on various factors, including physical health, the challenges at work, our stress levels, and even our relationships with others. Maintaining mental wellness is not always easy, but it is crucial. One out of every five adults experiences mental health issues every year. The key is to be proactive in taking care of our mental well-being before issues arise.

The CGH Health Foundation sponsors the free CGH Ways to Wellness Program, which is available to all of our patients. It is for youth, families and adults. Mental health professionals from Smississippi Centers provide in-person, Zoom or phone assessment, Monday through Friday at the CGH Main Clinic and Morrison Clinic.

Services provided include: screening for mental health/substance use concerns; assistance in obtaining insurance coverage or locating a medical provider; emotional support; connecting with area support groups; counseling; and searching for basic needs such as housing, nutrition assistance, transportation, and employment. For more information, contact **Lakyn Waldschmidt** at (815) 677-6172 or email her at lakyn.waldschmidt@cghmc.com.

Dial 988 for the National Suicide & Crisis Lifeline

The Lifeline provides 24/7, free and confidential support for people in distress, prevention, and crisis resources for you or your loves ones. For other local and national mental health resources, visit www.cghmc.com/help.



IN THIS ISSUE

- Growing Healthier
- Spotlight on Nursing
- Laura Readdy Artwork
- Cholesterol Screenings
- In Tribute to Lee Fisher
- Director Announcements
- January EOM
- Oncology Patient Support Group
- OB Counseling
- Blood Drive
- Shoe Roads

Growing Healthier

SPEAKER SERIES



"Common Gynecology Surgeries & Procedures" with Jeffrey LeMay, MD, CGH Obstetrics & Gynecology Thursday, January 19 @ Noon on Facebook Live

Join Dr. LeMay as he discusses common gynecological surgeries and procedures performed at CGH, including tubal ligation, endometrial ablation, colposcopy, LEEP, dilation and curettage, treatments for urinary incontinence and more. This free program will be on our Facebook page via Facebook Live with guest host **Young Song**, DO, CGH Urology. It is part of the Growing Healthier Speaker Series featuring speakers on important health topics sponsored by the CGH Health Foundation.



Jeffrey LeMay, MD

LAURA READDY ART ON DISPLAY



Thank you to **Laura Readdy** for allowing us to display her artwork at the CGH Spirit of the HeART gallery.

I have loved painting since I was 12 years old and got my first oil painting set. Painting and art encompass my life. I own and operate Inspired Painting Parties in Chadwick, and I am the full-time art teacher at West Carroll Primary school in Savanna. My husband, John, and I moved to Chadwick in 1999 to raise our two sons in a small town where they could be safe. They are now full-grown, successful young men. I love to paint scenery with depth, shadow and light, and texture. I also do biblical art and nostalgic farm scenery paintings. My life's goal is to glorify the Lord through artistic expression.

If you are interested in purchasing any artwork, please contact Deb Keaschall at ext. 5727. Fifteen percent of the proceeds will be donated to the CGH Auxiliary. Sold pieces will be marked with an orange sticker.



Spotlight on Nursing



Laurie Wilkinson, RN Family Medicine

Fun facts about me:

I love dogs. I usually have a Boston Terrier or two as family members, as well as my two children and husband. My husband and I love to take Caribbean cruises. I bake excessively when stressed out.



My best career lesson:

While the focus of nursing centers around the patient, sometimes it includes the family members as well.

3 words that describe me:

Family Oriented, Empathetic, Hard Working

When I'm not working, I enjoy:

Spending time with my husband, daughter, son and dogs! I love to garden and preserve the food through canning, freezing and dehydrating. I love to cook and bake (and try new recipes).

What I like about my job:

I like the variety that Family Practice allows. It's never the same on any given day, and it encompasses every age of patient.

My job duties:

I am a primary nurse for Family Practice in Dr. Dang's office at the Main Clinic.

Cholesterol and Glucose Screenings



The American Heart Association recommends that all adults 20 or older have their cholesterol and other traditional risk factors checked every four to six years as long as their risk remains low.

Make an appointment for our cholesterol screening on Tuesday, Feb. 14. 12-hour fast and appointment required. Contact Sherry at (815) 625-0400, X 5716, or sherry.dewalt@cghmc.com to schedule.

IN TRIBUTE TO LEE FISHER

CGH Medical Center sends our heartfelt sympathy to the family of **Lee Fisher**, Sterling. Fisher, a 20-year member of the CGH Board of Directors, was always dedicated to finding ways to provide our patients with the very best healthcare in our community.



Lee Fisher
1942-2022

He served on the board during an extremely progressive era for CGH. During his 20-year tenure from 1985 to 2005: CGH's employee and physician base more than doubled, many new hospital services were added or enhanced, the name of the hospital was changed from Community General Hospital to CGH Medical Center, a new Emergency Department was built in the early 1990s and CGH significantly expanded its cardiac services with the addition of a cath lab.

In addition, he also played a role in the establishment of the CGH Health Foundation in 1988, and he helped build the Foundation's community wellness program, which now features 16 health initiatives. "I'm very proud with the way the Foundation has grown and serves the community," he had once said. "I think it's one of the best from all over Illinois."

Thank you for your leadership, Lee. You will be greatly missed. Our thoughts and prayers go out to Lee's family during this difficult time.

EMPLOYEE OF THE MONTH

**DEB
KNUTTI**

Physical
Therapist,
Home Nursing



JANUARY 2023

Deb exemplifies all CGH Standards of Behavior. She always goes above and beyond for our patients and staff. She is a great asset to the CGH Home Nursing Team. She always puts the care of her patients first. Deb is respectful to her coworkers and patients alike and loved by all. She holds herself to a high level of standard of care and it shows in her work.

Thanks, Deb, for all you have given to your patients and team.



Purpose, Worthwhile Work...
Making a Difference!

DIRECTOR ANNOUNCEMENTS

BRETT ROYER

**Director of Surgical Services, IVT,
and Pediatrics**

Effective November 27, 2022,

Brett Royer, MSN, RN was named Director of Surgical Services, IVT, and Pediatrics for CGH Medical Center.

Brett graduated from Sauk Valley Community College with an Associate Degree in Nursing in 2011. He has since earned his BSN from

Chamberlain University and

his Master's in Nursing Leadership and

Management from Western Governors University.

Brett most recently served as the Interim Director

and Assistant Director of Surgical Services, IVT,

and Pediatrics. He has also served as a patient

navigator, shift coordinator, charge nurse, and

preceptor on this unit since 2013.



Brett Royer

SARAH SNOW

Director of Medical Services

Sarah Snow, BSN, RN was named the Director of Medical Services effective November 27, 2022.

Sarah graduated from

Northern Illinois University in 2005 with a BSN. She has

worked on the Medical Unit

since graduation in various

roles, including RN, Lead RN,

Assistant Nurse Manager, and

most recently the Interim Director.



Sarah Snow

“Both Sarah and Brett have high integrity and work ethic, but most importantly they are dedicated to quality patient care and high staff satisfaction.”

**Amy Berentes,
DNP, MSN-FNP, BSN, RN,
CGH Chief Nursing Officer**

FREE!

CGH Ways to Wellness

ONCOLOGY PATIENT SUPPORT GROUP

Focused on Positive Coping with Terminal Health Conditions

SHARE YOUR PROBLEMS

Are you or someone you love living with a terminal illness?

This group may be beneficial to you if:

- ☑ You find it difficult to relate to others due to your terminal condition.
- ☑ You have a hard time finding people who understand what you are experiencing and feeling.
- ☑ You experience difficulty managing the emotional roller coaster your illness brings you.



Lakyn Waldschmidt, BS, MHP
CGH Ways to Wellness Coordinator



Summer Roots, BA
Oncology Case Manager

Questions/Referrals? Contact Lakyn Waldschmidt, BS, MHP, Ways to Wellness Coordinator and Sinnissippi Centers mental health professional, at (815) 625-0400, ext. 1916 or (815) 677-6172 or email her at Lakyn.Waldschmidt@cghmc.com.



For more information on other services

You are not alone!

We're here to offer help and support for moms, dads, partners and/or family support persons

FREE!

CGH Ways to Wellness

OB COUNSELING
PRENATAL & POSTPARTUM

Pregnancy is an exciting and sometimes challenging journey. But, if you are a new or pregnant mom struggling to cope, feeling overwhelmed, worrying all the time, if you know something needs to change, but you don't know what or how, if you are having scary thoughts or feeling unusually unhappy or low, we can help you to begin the journey of hope and wellness.

HOW CAN WE HELP?

We feel that everybody - moms, dads and partners - should have somebody they can talk to, and sometimes it can be difficult to bring up personal topics with friends or family. Through our **CGH OB Support Group** and/or **1-on-1 counseling** at no charge to you, we work closely with you and your provider to help with the following issues:

Medical • Emotional • Social • Environmental



Julie Kirchoff, BA, MHP (left)
Stephanie Christian, BA, MHP (right)
Sinnissippi Centers Counselors

Julie.Kirchoff@cghmc.com
Stephanie.Christian@cghmc.com

(815) 677-8342
(815) 440-2354



For more info and a patient testimonial

Don't Be Afraid to Ask for Help!

You are not alone! Talk to your healthcare provider or call us directly! We can help find the resources you need to help take care of yourself, your baby and your family.

Feeling overwhelmed and need more support? We will help connect you to the many different support systems within our community and online, including resources for medical insurance, food benefits, education, transportation, and more.

Depression and Anxiety Getting help for childbirth-related depression and anxiety in the early stages can help you get the care you need to protect yourself and your infant.

Infertility, Miscarriage and Loss We will help you navigate through your feelings of frustration or loss.

BLOOD DRIVE

BLOODCENTER.ORG



Thursday, February 2 9:30am – 6:00pm

Ryberg Auditorium - 101 E. LeFevre Rd. Sterling

MASKS ARE OPTIONAL. APPOINTMENTS ARE REQUIRED.

To schedule, please scan the QR code or call 815-625-0400; x6879 for Michelle or x1057 for Bryan



Give and get \$10 gift card or t-shirt.
 First time donor with ImpactLife?
 Choose \$25 gift card or t-shirt.

SCAN ME!



Please eat before donating and bring Photo ID.
 Last Date to Donate Elsewhere: 12/6/22
 Group Sponsor Code: 3593



SAVE THE DATE
 FEBRUARY 6TH



AUXILIARY
SHOE ROADS SALE



ONE DAY ONLY!

Do you have CGH news for Communique?

We would LOVE to hear from you!

Please send all submissions for *Communique* to Liz Foster in Marketing: elizabeth.foster@cghmc.com.