



Communique

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A CGH Medical Center Publication

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Community Forum on Dementia: June 28

A Community Forum on Dementia is being hosted at 5:30 p.m. on Tuesday, June 28 at Bethel Reformed Church, 230 E. 23rd St., Sterling, by the CGH Health Foundation, in partnership with the Alzheimer's Association.

CGH Neurologist Dr. Preeti Joseph will speak at 6 p.m. on "Dementia: Types, Testing and Treatment" followed by Joe Landmichl, Manager of Education & Community Volunteers for the Alzheimer's Association, on "Available Dementia Resources".



Preeti Joseph, MD

From 5:30 to 6 p.m., meet with exhibitors from more than 10 area agencies that have a focus on dementia. There will be a separate activity planned for your loved one with dementia so that caregivers are able to attend the Forum. Plus, Landmichl will lead an interactive session with attendees to find out what barriers and gaps families are experiencing in caring for their loved ones with dementia. Refreshments will be served.

The main focus of this year's CGH Health Foundation Annual Appeal is the new Dementia Project. The Foundation will spend the next year raising awareness about dementia, with an additional focus on working to improve dementia resources and to provide assistance for our families and caregivers.

The impact of dementia on families can be devastating. Did you know that dementia is NOT a normal part of aging and that every 65 seconds someone is diagnosed with dementia? There are 5.8 million Americans live with dementia and by 2050 there will be 14 million.

Eighty percent of the care is delivered by family and friends. "This Community Forum is geared to those family members who are caring for someone with dementia as well as to those who might have it in their family and need to learn more about this incurable disease," said Joan Hermes, Executive Director of the CGH Health Foundation. "Chances are you know someone who is struggling with dementia and trying to figure out how to help someone who has it. Please spread the word about this important event. We want to help our community become better equipped to care for our loved ones."

"Our goal this year is to create support groups, educate area professional staff and the public on how to communicate with someone with dementia, to provide community programs like this one and to promote community awareness of the disease," said Hermes.

Already three Caregiver Support Groups have been established with training and support from the Alzheimer's Association. Forum attendees will learn about these opportunities for support as well as other ways to assist them on their journey.

The Foundation is working to coordinate support groups in as many of the area towns in the CGH Medical Center service area as possible. "We will also be hosting a workshop aimed at legal, financial and social service planning in late summer," said Hermes. "Plus, we are working with area partners on providing more adult daycare opportunities and an assistance fund to provide supplies/services for area families."

To register visit, www.cghmc.com/forum. For more information, contact Joan Hermes, 815/625-0400, ext. 5672 or email at joan.hermes@cghmc.com.

37th Annual Child Fair



Pictured from L to R are Erika Smith, Speech Pathologist, CGH Pediatric Rehab and her son, Mason; Tiana Kennedy, RN, CGH Birthing Center; and Maddie Gasso, RN, CGH Birthing Center

CGH participated in the 37th Annual Child Fair, "A Day at the Farm" at Sauk Valley Community College on Saturday, June 4.

At the west end of the college, the CGH booth promoted CGH Pediatric Rehab and the CGH Birthing Center, with games and giveaways geared towards children. Participants were also able to view a CGH Ambulance, among the emergency vehicles located at the east end of the college. The event was held outdoors, and despite the rain, several hundred children and their families attended.

The event is coordinated and sponsored by AmeriCorps, CGH Medical Center, KSB Hospital, and Sauk Valley Community College.



CGH MEDICAL CENTER
MAIN CLINIC

MAIN CLINIC LAB UPDATE

The CGH Main Clinic Lab will be temporarily closed on Saturdays until further notice.

Alice Vetter Retirement



Congratulations to Alice Vetter, BS, RN, on over 42 years of hard work and dedication to our patients and their families! Alice started at CGH as a newly graduated LPN, and worked her way up to an RN, Assistant Director, Director, and most recently Director of the Cardiology Service Line and CCU.

Happy retirement, Alice, and we wish you all the best! You will be missed!

Volunteer Opportunity

The CGH Shared Governance Community Outreach committee is volunteering again this year for United Way of Whiteside County's Feed the Children program.



We have reserved four slots for each week for CGH. **Every Tuesday from now through August 9, we will volunteer at St. Paul's Lutheran Church in Sterling from 8-11 am to pack lunches for children.** The lunches will then be distributed on Wednesdays by other volunteers. We are only doing the Tuesday time slots. If you would like to volunteer, please contact Beth Vandersnick at ext. 4452 or Mary Jean Derreberry at ext. 2401.



Upcoming Local 5K Run/Walks



For information and registration details for upcoming 5K Run/Walks, visit heartbeatcgh.com. The YMCA Summer Splash 5K is on June 24 at 6 pm at the Rock Falls Riverfront RB & W Park and the NAMI Sauk Area 5K is on July 9 at 8 am at Woodlawn Arts Academy.



Maria Chatic, RN Surgical Floor

Fun facts about me:

I immigrated to the US in 2002 but I was born and raised in the Philippines. My dad is Filipino and my mom is Spanish-Filipino. There are eight of us, siblings, which includes two sets of twins. Four of us are registered nurses (two in Illinois and two in Texas). I have been married for 13 years to a wonderful man, Lennard, who is a retired US Army sergeant. He is a twin and so was his dad. We have two dogs, Portia (a St. Bernard) and Sissy Lala (a Yorkie).



My best career lesson:

Find a profession that you are passionate about. One that makes you happy and fulfilled. I have been a registered nurse for 31 years now, and I can't think of doing anything else other than being in the healthcare profession. I have been working on Surgical Floor for the last 19 years and 9 months. I recently completed my Family Nurse Practitioner Post Master's Certificate from Bradley University in August 2021 and passed the ANCC exam in March.

3 words that describe me:

Determined, Compassionate and Sensitive

When I'm not working, I enjoy:

I enjoy playing volleyball and spending time with my husband and our dogs. Lennard and I both enjoy binge-watching anime and singing karaoke. I also just started doing diamond art craft.

What I like about my job:

I love the people I work with, the fact that I can do my own work schedule, and being able to help people recuperate from their illness and/or from surgery.

My job duties:

I sometimes work on the floor as a primary nurse but mostly work as a charge nurse. As such, I communicate with the physicians, coordinate with the nursing staff, make sure that doctors' orders are promptly and correctly carried out, and serve as a resource person to the nursing staff. I also help the staff with patient care when needed.

June '22



Memories Matter Walk



THANK YOU to all who supported the CGH Health Foundation Memories Matter Walk on Sunday, June 12 at Westwood Fitness and Sports Center in memory and in honor of those impacted by dementia.

140 walkers turned out for the new event which was devoted to raising funds for the Foundation Dementia Project. We raised \$3,835, but more importantly, we have begun our effort in earnest to raise awareness about dementia and to start providing/expanding area resources devoted to helping those families who are on the dementia journey.

The walk was held in memory of Betty and Hugh Miller, Rock Falls, who left a bequest last year restricted to dementia education.



Sandy Williams (right), CGH retiree and CGH Employee Division Co-Chair and her grandson share a moment on the trail at the walk.



A butterfly garden was created at the Memories Matter Walk in memory and in honor of those impacted by dementia.

Community Screening



Make an appointment for our community cholesterol screening on June 22. This screening blood test gives results for total cholesterol, HDL, LDL, triglycerides, and blood sugar in minutes and requires only a finger stick. Cost is \$30.00. Call Sherry at extension 5716 to reserve.

Welcome CGH Medical Center New Employees



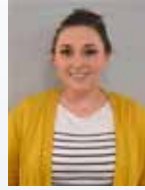
Amy Widolff
CNA
Lynn Blvd



Stephanie Brady
Registration Clerk
Patient Access



Sam Rivera
Food & Nutrition Asst.
Dietary



Molly Ruiz
CNA
Float-Clinic



Hannah Washam
Registration Clerk
Patient Access



Sarah Thomaschefskey
Food & Nutrition Asst.
Dietary



Danielle Snapp
Food & Nutrition Asst.
Dietary



Alisha Smith
Sterile Processing Tech
Sterile Processing



Delaney Wetzell
Radiologic Technologist
DID



Nicole Varga
Radiologic Technologist
DID



Alyson Scheidecker
RN
Emergency Department



Linnea Sundman
CNA
OB-GYN-Clinic



Heather South
General Secretary
Laboratory



Jessica Birkey
Audiologist, AuD
Audiology



Elle Koerner
Student Nurse Tech
Float-Hospital



Taryn Munroe
Student Nurse Tech
Float-Hospital



Kylee Hoagland
CNA
Float-Hospital



Alayna Palmer
Student Nurse Tech
Float-Hospital



Matthew Thomaschefskey
Clinic Maintenance
POM



Brice Taylor
Pharmacy Technician
Pharmacy



Alexis Torres
CNA
Float-Hospital



Paige Stees
CNA
Float-Hospital



Ashlei Behrens
CNA
Float-Hospital



Katy Hess
CNA
Float-Hospital



Sierra Williams
CNA
Float-Hospital



Madeline Geil
Behavioral Health Tech
Behavioral Health Unit



Ellie Gasso
CNA
Float-Hospital



Walter Reter
CNA
Float-Hospital



Aidan Brown
Summer Worker
EVS



Chloe Everly
Summer Worker
Laundry



Emily Schaab
Summer Worker
Decision Support



Aaliyah Gaffey
EMT-B
Pre-Hospital



Jessica Lundy
Student Nurse Tech
Float-Hospital



Josh Howard
Summer Worker
IT

June is
WOUND CARE AWARENESS MONTH

Did you know that more than 7 million people in the U.S. are living with a chronic wound? Or that 1 in 4 families have a member suffering from a wound that won't heal?

With locations in both Sterling and Dixon, the CGH Wound Healing Center is available for those with chronic, non-healing wounds. Using advanced technologies and clinical therapies, the CGH Wound Healing Center helps create a personalized treatment plan to help you return to a better quality of life. For more information, visit www.cghmc.com/woundhealing, or to set up an appointment (no referral needed), call 815-564-4002.

