



# Communique

April 8, 2021

A CGH Medical Center Publication

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## CGH Celebrates National Occupational Therapy Month

During the month of April, the American Occupational Therapy Association (AOTA) celebrates Occupational Therapy (OT) Month. This celebration not only honors the OTs and OT assistants who dedicate their lives to this important work, but also gives us an opportunity to thank them for their work in creating fuller lives for our patients and their families.

OTs and OT assistants work with people (of all ages)

who have run into barriers doing the activities – or occupations – that they want and need to do on a daily basis and enable them to live life to its fullest by helping them prevent – or live better with – injury, illness, or disability. While there are universal tools and tricks of the trade, occupational therapy sessions are highly personalized to each patient's needs and circumstances.

"OT allows our staff to use their creativity and scientific and psychological backgrounds to assist people with problem solving and to improve their participation in daily tasks," said Geoff Wright, CGH Outpatient Rehabilitation Manager. "It is very rewarding to see our patients achieve their goals. The determination people have and how they use it to surpass expectations is truly remarkable."

With young patients, OT can resemble fun and games, including singing, movement and physical challenges. This approach closely mimics how kids learn their environments and gives them individual attention to practice skills they may be behind on. OT benefits have been shown for children with ADHD, autism, cerebral palsy, Down syndrome and other developmental delays. Together, OTs can also help children with adaptations to participate fully in school and social situations.

In adult patients, where the needs often shift from developmental delays to medical impairments, the approach changes as well. OT care for adults tends to be more collaborative, with benchmark goals and work to be done by the patient between visits. OT has been shown to have a measurable impact on anything from carpal tunnel to amputation, joint replacement to burns. They can also help patients recovering from injury to regain the skills necessary to return to work.

In geriatric patients, the purpose is often to help maintain independence, promote safety, prevent falls, and prolong the highest quality of life. This can mean recovering from health episodes like a heart attack or stroke – such as learning ways to resume independence in bathing, dressing and cooking a meal – as well as coping with long-term health conditions like diabetes, Parkinson's Disease or dementia.

"While there is flexibility in purpose," Wright said, "the underlying goals are all the same: to build skills, build independence, and build confidence in newfound or recovered abilities. One of the best feelings as an occupational therapist is helping people get back to what they love to do."



*CGH Occupational Therapists and OT Assistants include (front row, L-R): Katrina Alexander, OTR (Peds), Aubree Johnson, OTR (Inpatient/Home Health), Laura Melville, OTR (Peds/Inpatient); (back row, L-R): Whitney Snyder, COTA (Peds), Marci Foutch, COTA, CLT (Inpatient/Outpatient/Lymphedema), Karen Habben, OTR (Outpatient) and Brianne Hamstra, OTR, CLT (Inpatient/Outpatient/Lymphedema)*

**CGH is grateful for all of our Occupational Therapists for their dedication and hard work. We appreciate all that you do!**



# Matt Dingus Sunshine Award Winner

**Matt Dingus, a Cardiac Monitor Tech in CGH Medical Center's Critical Care Unit,** was recently recognized as a recipient of the Sunshine Award for extraordinary service. The Sunshine Award was created to honor and recognize outstanding service and compassionate care by those in non-nursing roles, such as CNA's, CMA's, or CMT's.



Matt Dingus

*"I have worked at CGH for more than 16 years in the CCU. Over the years, I have been at many patients' bedsides as they passed, but in these last few months I have seen more death than throughout my entire career. Every night I come to work, I hope that we do not lose anyone but this particular night, I lost two. Matt was asked to interpret for the physician and staff to a family of a patient whose death was imminent. He had the painful task of hearing the words of the doctor, translating them to the family, and listening to the family's words through their tears and translating back to us. He did this very eloquently with respect to the patient's and family's religion and customs. When it was time to withdraw life support, Matt stayed at the bedside with the family and me, showing much regard for all of us. There is always great sadness at a time like this, but the despair of this family will never leave me. These months have been hard; so cruel that I wouldn't wish them on an enemy. God has given me the strength to bear this duty, but if I was ever at a breaking point, this one was it. After the patient passed and the family left, Matt reached out his arms and we wept in full isolation gear - together. I needed that. I am thankful that it was him there that night to care for this family in a manner I could not but more so as my coworker, friend, and strength."*

**If you would like to submit a nomination for extraordinary service that you or a family member have received at CGH Medical Center by a staff member in a non-nursing role, please visit [www.cghmc.com/sunshine](http://www.cghmc.com/sunshine).**

## Your giving makes good things happen!

**CGHers are eligible for three staff-only scholarships sponsored by the CGH Health Foundation, in addition to those scholarships offered to the public.**

### IN-HOUSE

- **Blue Sky Healthcare Scholarship** – \$3,000, due Fri., April 30 (includes your children)
- **James DeLange Textbook Scholarship** – up to \$300, due Fri., May 7 for summer session
- **Mike Menz Service Scholarship** – up to \$500, available anytime, designated for those who work in Laundry, Materials Management, Dietary and Environmental Services.

### FOR THE PUBLIC (which includes CGHers)

There are eight grants offered through the Foundation Nursing/Healthcare Scholarship, with awards ranging from \$1,000 to \$3,000. Individuals living in Whiteside, Lee, Ogle, Carroll and Bureau counties are eligible. Application deadline is Tuesday, June 15 at 5 p.m. Students already accepted into their professional school of study for either a nursing or healthcare degree are eligible. This is yet another Foundation program made possible by area donors.

Go to [www.cghmc.com/foundation/scholarships/](http://www.cghmc.com/foundation/scholarships/) to download an application.

Contact: Joan Hermes, (815)625-0400, ext. 5672 for more information. [joan.hermes@cghmc.com](mailto:joan.hermes@cghmc.com)







## CGH Main Clinic Welcomes Jennifer Sangston, AuD Audiology

CGH Main Clinic is pleased to welcome Jennifer Sangston, AuD. Jennifer joins Laurie Zollinger, AuD, FAAA as an Audiologist in the Audiology department.

With 23 years experience in the field of Audiology, Jennifer received her bachelor and master of science degrees from Illinois State University in Normal and her Doctor of Audiology from A.T. Still University in Kirksville, Missouri. Jennifer is a member of the American Academy of Audiology, Illinois Academy of Audiology and the American Speech Language Hearing Association.



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## CGH Recognizes DAISY Award Winner Laurie Sheridan, RN

Laurie Sheridan, a registered nurse and Case Manager from the CGH Population Health Management Department, was recently recognized as a recipient of the prestigious DAISY Award for extraordinary nurses. An international program, the award is presented to nurses around the world who go above and beyond for their patients and demonstrate extraordinary compassionate care.

"I would like to nominate Laurie for the Daisy Award due to the OUTSTANDING work she does with families in the Emergency Room," said the nominator. "Laurie recognizes patient needs, family needs and caregiver/caretaker needs on a daily basis. She is more the willing to advocate for any one of these persons should she need to do so, in the case that they cannot advocate for themselves. Recently during a very difficult case Laurie spent hours beyond her shift with a family that was in dire need of an ear, some direction and compassion. Laurie put her heart and soul into this case, and it was exactly what this family needed."

"I want her to know she is appreciated more than she could imagine for the countless hours she spends doing her job and doing it well," concluded the nominator. "I am certain this is not a unique day for Laurie, as she works diligently at her job daily. What an asset this Registered Nurse is to our CGH community. I am grateful to have her on our team!"

The DAISY Award - an acronym for "Diseases Attacking the Immune System" - was established by the DAISY Foundation in California in memory of J. Patrick Barnes, who died at age 33 of an autoimmune disease. During his hospitalization, they deeply appreciated the care and compassion shown to Patrick and his entire family. When he died, they felt compelled to say "thank you" to nurses in a very public way. The DAISY Award continues to recognize and celebrate the outstanding professionalism and compassion that nurses bring to patients and their families every day.

Other CGH nurses nominated by our patients this quarter for the DAISY award included: Sabrina Allen, Claire Aulwes, Darcie Bettner, Lauren Cecchetti, NP, Danielle Grobe, Sue Hageman, Arisha Hubbard, Kayla Jackley, Nataly Jones, LPN, Sydney Lebahn, Lisa Little, Meichelle Phelps, Michele Schueler, LPN and Teresa Stark. If you would like to submit a nomination for extraordinary nursing care that you or a family member have received at CGH Medical Center, please visit [www.cghmc.com/daisy](http://www.cghmc.com/daisy).



Laurie Sheridan, RN, Case Manager  
CGH Population Health Management





## Sign Up for our E-Newsletter!

Dear CGH Team,

Every quarter, our community newsletter - **HealthLines** - highlights the amazing happenings around our hospital and within our local community. From welcoming new members of our team to sharing the programs that are changing the lives of our patients, we share these stories to uplift the incredible work **YOU** all do.

### HealthLines

Health and Wellness E-Newsletter



(L-R): Lorri Mostad, MSN, APRN, PMHNP-BC, and Anupama Upadhyay, MD\*

#### CGH is Proud to Unveil Its New Behavioral Health Unit

In order to provide enhanced mental health services to the people of Sauk Valley, CGH Medical Center is opening a new Behavioral Health Unit to allow patients another option for care without having to travel far from friends and loved ones.

Anupama Upadhyay, MD,\* and Lorri Mostad, MSN, APRN, PMHNP-BC, lead a team of dedicated medical professionals who will care for patients during their stay and help them as they transition out of the facility and back into everyday life.

If you missed the latest issue of HealthLines, our monthly e-newsletter is the perfect opportunity to catch up!

And when you sign up to receive the e-newsletter, you'll be entered for a chance to win some CGH swag!

Sign up for our e-newsletter by May 1 at the bottom of our **HOMEPAGE** at [www.cghmc.com](http://www.cghmc.com)!

### HealthLines e-Newsletter

Sign up



## Choose Your Shoes Wisely



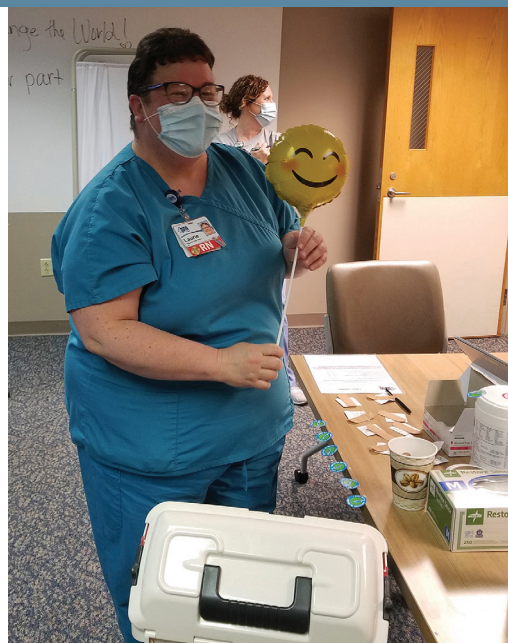
### Beyond Trim

Helping you lead a better and healthy life



The shoes you wear for walking or running can make a big difference. Finding a shoe that fits, is right for the shape of your foot, and matches your activity can help to make your walks or runs more comfortable and help to prevent injury in the short and long term. Learn several factors to consider when shopping for shoes in "Choose Your Shoes Wisely" from CGH health coach Sherry DeWalt at [www.cghmc.com/beyondtrim](http://www.cghmc.com/beyondtrim).

## 1000th Dose of COVID Vaccine



**Congratulations to Laurie Shipman, RN, Digestive Health Center, who administered her 1000th dose of COVID Vaccine during our recent vaccine clinic!**

## Save the Date!

**It's time to start planning for the CGH Health Foundation's Virtual Auction that will run beginning Friday, April 30 at 7 a.m. and closing on Tuesday, May 4 at 9 pm on [airauctioneer.com](http://airauctioneer.com).**

**Want to find out how you can help? Email Mimi Hicks, the 2021 Employee Division Chair, Amanda Blaine or Joan Hermes.**

Being on this committee is very flexible. We need volunteers to recruit baskets and desserts, tell fellow CGHers about the Foundation, and help us brainstorm new events for our co-workers. You can help a little or a lot, whatever works best for you!

Grab your friends and coworkers and start creating your amazing baskets! Please help make this event bigger and better than ever! If you would like to donate a basket or dessert item, contact Amanda Blaine, ext.5575, or one of the co-chairs listed below as soon as possible!

#### **Silent Auction**

**Friday, April 30 from 7 a.m. through Tuesday, May 4 at 9 p.m. through [airauctioneer.com](http://airauctioneer.com)**

#### **Co-Chairs:**

**Tiffany Marquez**, Accounts Receivable Clerk, **ext. 6198**, and **Beth Warner**, Communications Coordinator, **ext. 6110**.

Please bring your baskets to the Foundation office at 2600 N. Locust St. by Friday April 23 at 5 pm. All proceeds go to the 2021 CGH Health Foundation Annual Appeal.