

HealthLines

Spring 2021



CGH Medical Center proudly unveils its new Behavioral Health Unit.

Anupama Upadhyay, MD* (right), and Lorri Mostad, MSN, APRN, PMHNP-BC (left), highlight the unit's staff who are ready to provide exemplary care.

*This provider is not an employee of CGH Medical Center



From the Desk of Dr. Paul Steinke, President and CEO



As our journey through COVID-19 continues and we are starting to see the numbers moving in the right direction, I find myself asking questions. Where do we go from here? How can we make sense of all this? What's next?

It feels like we've lost a year of our lives — because in many ways, we have. Some actually lost their lives, while others continue to deal with the aftermath of the infection. COVID-19, and all the issues associated with it, has brought death, disability, fear, insecurity and doubt. It has sowed distrust, promoted conflict and stifled our movement and freedoms. It has strained our relationships and been demoralizing to our spirits. To say COVID-19 has been a challenge is an incredible understatement.

But COVID-19 is not the final word. Although the virus is still among us, the pandemic is on the retreat. Despite the frustratingly slow vaccine rollout, the vaccines are here and effective. In the short or long term, COVID-19 won't be here forever. We are still in the cleaning up process, but there is hope!

Easter was always a welcome occasion in my house growing up. It served as a good reminder that in spite of how awful a winter we may have had, spring could not be stopped. The sun would shine, temperatures would climb and the grass would grow green again. I would hear: "The light shines in the darkness, and the darkness has not overcome it."

In the coming months, it is time to reclaim our sense of security and health, imagine our collective recovery and experience peace of mind again with a renewed and restored trust and faith in life. May we take with us the positive things we've learned and reemerge into a better existence.

Dr. Paul Steinke
CGH President and CEO



CGH Offers New Procedure to Help Prevent Stroke

Thomas King, DO, and the Vascular Surgery team recently made history at CGH Medical Center by performing CGH's first Transcarotid Artery Revascularization (TCAR).



Thomas King,
DO, CGH Vascular
Surgeon

Carotid artery disease is the narrowing of blood vessels in the neck that carry blood from the heart to the brain. A potential complication of both surgery and stenting in patients with this disease is a stroke during the procedure itself.

The TCAR procedure uses a device to briefly reverse the direction of blood flow when treating a narrowed carotid artery. With blood (and dangerous pieces of plaque and blood clots) flowing safely away from the brain while the physician operates, the patient's risk of stroke during the procedure is lower. The blood is then filtered before it is returned to the patient via a second small incision near the groin.

"In contrast to conventional carotid artery surgery, TCAR not only combines the protection of surgery to deliver a stent into a blocked carotid artery, but it also provides the benefits of a smaller, minimally invasive incision, decreased risk for nerve damage and faster recovery time," said Dr. King, CGH Vascular Surgeon. "Offering this new treatment option for our patients with carotid artery blockage advances patient care here at CGH by dramatically reducing the risk of stroke and heart attack during and after carotid interventions."

Dr. King is also available for treatment of spider veins and other vascular conditions. Call 815-625-4790 to make an appointment.



HealthLines is offered as a service of CGH Medical Center and is distributed to residents in the CGH service area. The information is intended to inform and educate about subjects pertinent to health, not as a substitute for consultation with your physician. Questions or comments may be directed to Marketing at **815-625-0400, ext. 4580**. © 2021 Printed in U.S.A. Developed by GLC — a marketing communications agency.

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CGH Celebrates National Volunteer Week

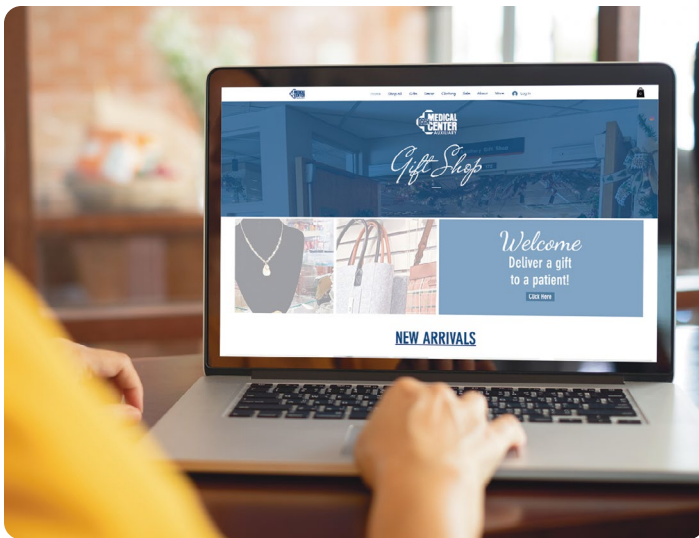
National Volunteer Week runs from April 18–24, and CGH’s talented group of volunteers makes a difference by giving their own time to serve others. The most challenging part of the past year has been having to tell our dedicated volunteers to stay home. Currently, about 30 volunteers are active each month, while another 60–70 have been on hold due to COVID-19.



“Thank you to all CGH Auxiliary volunteers,” said Deb Keaschall, Manager of Volunteer Services, “those currently volunteering, those waiting to return when safe to do so and those who have contributed in years past. Your loyalty and service to CGH patients, visitors and staff is truly remarkable.”

Many of our volunteers will tell you that they often get back as much as they give. “CGH Medical Center is fortunate to have so many devoted individuals who serve as volunteers to help us provide the best care possible to the patients we serve,” said Dr. Paul Steinke, CGH President and CEO.

For more information on how to become a CGH Auxiliary volunteer, call 815-625-0400, ext. 5727, or visit cghmc.com/volunteer.



We are excited to announce that the CGH Auxiliary Gift Shop website is now open at cghgiftshop.com. Curbside pickup is offered for all purchases, or send your loved one a gift to show you care during their stay with the “Patient Delivery” option. Patient delivery is currently offered Monday through Friday from 10 AM–3:30 PM. For questions, or to inquire on other gifts offered by the gift shop, please call **815-625-0400, ext. 4474**. Our gift shop volunteers are happy to help. Thank you for supporting the CGH Auxiliary!



Getting a Grasp on Post-COVID Struggles

According to statistics compiled by the U.S. Centers for Disease Control and Prevention (CDC), almost 30 million U.S. residents have been diagnosed with COVID-19 throughout the past year. While symptoms and conditions vary widely for those who have contracted the virus, some patients may see a longer road to full recovery than others.

Analysis from ZOE Global Limited, via the COVID Symptom Study app being used to collect data on those recovering from COVID-19, shows that about one in 20 people suffer from what’s termed “Long COVID,” or symptoms that persist eight or more weeks after testing negative of the virus. Some common issues that patients have reported are general fatigue, shortness of breath and memory, concentration or sleep problems.

“While, fortunately, most patients recover completely from COVID-19 after their acute infection resolves, it is still not uncommon for me to have conversations with patients, staff and friends who continue to have COVID-19-related symptoms long after their acute infection,” said William Bird, MD, VP and Chief Medical Officer. “It is pretty clear to me that COVID-19 continues to affect the lives of some of its victims for long after the infection is supposedly gone.”

Other lingering symptoms you may experience after recovering from COVID-19 are:

- + Cough
- + Joint pain
- + Chest pain
- + Muscle pain or headache
- + Fast or pounding heartbeat
- + Loss of smell or taste
- + Rash or hair loss
- + Organ damage

It’s important to note that like any novel virus, the long-term effects of COVID-19 are still being studied by top physicians around the world, and definitive answers may be in short supply until further research has been conducted.

If you or a loved one has recovered from COVID-19 but still are experiencing any of the symptoms listed above — you’re not alone. Please contact your primary care physician at CGH for more information.



Behavioral Health Unit Staff (L-R): Rose Feary, RN; Kara Ellis, CNA; Mariel Kester, RN; Kate Gillespie, RN; Manuel Mooney, RN; Jackie Ditzler, RN; Holly Hilty, RN; Catalina Carrizales, CNA; and Heather Moser, RN

Addressing the Need and Expanding Access

CGH set to open new Behavioral Health Unit in 2021

All of us know or love someone who has a mental health issue. The last thing you want for them during a mental crisis is to be transferred from the hospital to a facility more than an hour away for their behavioral health care. For this reason, CGH Medical Center is proud to open our new 10-bed Behavioral Health Unit in early 2021.

“It doesn’t matter how many times a patient with mental illness comes into the Emergency Department ... they can’t get better with that care alone,” said Sarah Alvarez-Brown, CGH Emergency Department Director. “To have this unit here at CGH — and to be able to establish that continuity of care without sending the patient out of the area — will be a huge asset to our community and to our patients.”

What is a behavioral health unit?

Sometimes called a psychiatric unit, a behavioral health unit (BHU) is an area of the hospital designed specifically for providing care for reasons related to mental health. These issues can include minor episodes of stress, anxiety and depression, along with alcohol dependence or drug use. This also includes more serious conditions such as major depression, panic attacks, bipolar disorder, obsessive compulsive disorder (OCD), post-traumatic stress disorder (PTSD) and even more severe issues such as suicidal or homicidal thoughts. People typically need care in a BHU

because their symptoms are serious and unstable, or they are at risk for harming themselves or others. The main goal of the unit is to provide a safe, secure setting where adults can receive treatment and move beyond the immediate crisis.

“The Whiteside County Community Health Plan indicated that mental health admissions were the most needed service that CGH was currently unable to provide,” said Kristie Geil, Vice President and Chief Nursing Officer. “The goal of the new unit is to help care for patients closer to home and closer to family that can help be involved in the patient’s care.”

The unit will consist of 10 beds (four semi-private rooms and two private), along with inpatient therapy groups run by all levels of professionals. Anupama Upadhyay, MD*, and Lorri Mostad, MSN,



Behavioral Health Unit Therapists (L-R): Amy Meyer, Clinical Therapist, and Michelle Kelly, Behavioral Health Specialist



Anupama Upadhyay, MD*
Psychiatrist



Lorri Mostad
Psychiatric Nurse Practitioner



Sarah Alvarez-Brown
Operations Director,
Behavioral Health Unit

APRN, PMHNP-BC, will be available seven days a week to provide psychiatric diagnostic and prescribing services to adult inpatients.

What treatment can patients expect?

Once the unit opens, if a community member feels like they are in need of mental health care, they would present to the CGH Emergency Department to complete a medical screening exam. This exam rules out medical conditions that can also trigger psychological symptoms. They will then be evaluated by Sinnissippi Centers, and if they meet the inpatient criteria of our unit, will be admitted.

Treatment in the following days will be tailored to each patient's individual needs. However, part of our philosophy with patient care in this unit will be that patients will work together, hold each other accountable and help each other get well.

"Patients will not be in their rooms a majority of the time," said Dr. Upadhyay. "They're not getting better in their room ... and their treatment will not be in their room. The idea is to engage our patients in active therapy so that we can really help them learn the life skills, problem-solving skills and symptom-management skills necessary for them to be successful outside of the hospital."

"I really plan to engage our patients in the importance of their outpatient therapy to prevent rehospitalization," said Mostad. "My goal is to help patients learn how to stay out of the hospital and help them realize that sometimes hospitalization isn't the worst thing to happen to them. Sometimes it can be a really good thing to help get people stabilized and get a fresh look at what's going on with their mental health. From there, we can work together to develop a plan that not only helps their outpatient care be more successful, but also gives them an opportunity to learn about all of the community-based treatment and support services that are available to help them outside of the hospital."

A different patient experience ... close to home

"CGH is very fortunate to have so much community support for the work that we will be doing," said Geil. "The Whiteside County Healthier Communities Partnership includes all of the agencies that have been working with us through the entire planning and building process." These agencies include the National Alliance on Mental Illness (NAMI), Sinnissippi Centers, the Whiteside County Health Department, United Way, city and county police departments,



While providing natural light for a therapeutic environment, patient rooms in the new unit meet all safety codes and standards required for behavioral health facilities.

and so many more. "I hope the entire community looks at this project with great pride about what is being done to ensure that this kind of care is available not only for our patients suffering from mental illnesses, but also for their family members ... to help enable them to get the care they need close to home."

"It really excites me to operate here in conjunction with the community's resources and CGH's mission, vision and values," added Mostad. "You combine that with a need that we really have in the community, and I see good things happening. I'm really excited to see how our patients feel when they can get a totally different experience than what they've had in their own community."

May Is Mental Health Month

In addition to the CGH Behavioral Health Unit, the Sauk Valley area has several local resources available for mental health support. The confidential B-CALM help line — **888-33B-CALM (2256)** — is available from 8 AM- 5 PM Monday through Friday and is sponsored as a free service in partnership with the CGH Health Foundation and Sinnissippi Centers. If you are in crisis, please call Sinnissippi Centers' 24/7 Crisis Hotline at **800-242-7642** or the Whiteside County Health Department Behavioral Health Department at **815-626-2230, ext. 1291**. For access to additional information, referrals and agencies, or crisis response, please call **2-1-1** (or **888-865-9903**).

Welcome New Behavioral Health Unit Providers



Anupama Upadhyay, MD, Medical Director*

CGH Medical Center is pleased to welcome Anupama Upadhyay, MD. Dr. Upadhyay is board certified in Adult Psychiatry from the American Board of Psychiatry and Neurology.

Dr. Upadhyay has 24 years of experience in Behavioral Health. Dr. Upadhyay received her MD from Spartan Health Sciences University in Vieux Fort, St. Lucia, West Indies, and her BS from the University of Iowa in Iowa City. In addition, Dr. Upadhyay completed Psychiatry clinical rotations at St. Anthony Hospital in Chicago.

“Being a psychiatrist allows me to treat each patient as a whole, taking into consideration their physical, social and mental wellbeing,” said Upadhyay. “It is a privilege that my patients share personal parts of their lives so I may help them, and this keeps me motivated.”

Dr. Upadhyay will be providing psychiatric diagnostic and prescribing services to adult inpatients in our new Behavioral Health Unit.

*This provider is not an employee of CGH Medical Center



Lorri Mostad, MSN, APRN, PMHNP-BC, Clinical Director

CGH Medical Center is pleased to welcome Lorri Mostad, RN, MS, APN, PMHNP-BC. Mostad is a Psychiatric Nurse Practitioner and will be

working in our Behavioral Health Unit. With nearly 30 years of experience in nursing, Mostad has spent the past 17 years working in behavioral health. Mostad received her MSN in Psychiatric Mental Health from the University of North Dakota in Grand Forks; her BSN from Bemidji State University in Bemidji, Minnesota; and her LPN from Bemidji Technical College.

“Customer service is something that over the years seems to have lost a lot of meaning. Recalling the times that I have been the customer and was really heard, given informed options and offered a quality service versus a poor overall experience motivates me as a nurse practitioner to give the best care I can for my patients,” said Mostad.

Lorri Mostad will be providing psychiatric diagnostic and prescribing services to adult inpatients in our new Behavioral Health Unit.



Provençal Turkey Meatballs with Tzatziki Sauce

Great as an appetizer or main course, try this healthy alternative to classic meatballs with a Mediterranean twist.

Makes 18–24 meatballs

Meatballs

- 1 pound ground turkey
- 1 large zucchini, grated (about 2 cups)
- 4 green onions, finely chopped
- 1 large egg
- 4 Tablespoons fresh rosemary, oregano and thyme, chopped
- 2 garlic cloves, crushed
- 1 teaspoon salt
- ½ teaspoon black pepper
- 3 Tablespoons avocado or canola oil

Sauce

- ½ cucumber, grated and blotted to remove moisture
- 1 cup plain, low-fat Greek yogurt
- 2 garlic cloves, minced
- 1 Tablespoon fresh dill or mint, minced
- juice of 1 lemon (1-2 Tablespoons)

1. Preheat oven to 425°F. Combine all meatball ingredients, except the oil. Mix with your hands and form 18–24 uniform balls.
2. Heat 2 Tablespoons of oil in a large frying pan over medium heat until hot. Sear one batch of meatballs at a time, on all sides, about 4 minutes total. Add oil as needed.
3. Line a baking sheet with parchment paper. Transfer cooked meatballs to the baking sheet and bake for about 6 minutes.
4. Make the tzatziki sauce by combining all ingredients in a small bowl. Stir well.
5. Keep chilled until needed. Serve meatballs warm or at room temperature with tzatziki sauce.

Nutritional Information

Per 3 meatballs and 2 Tablespoons sauce: 205 calories, 16g protein, 5g carbohydrate (1g fiber), 14g fat (3g sat, 11g mono/poly), 580mg sodium

CGH Health Foundation Shines a Light in Darkness

CGH Health Foundation supporters chose to spread a little sunshine during these dark days with their good will. They've provided services for COVID-19 patients, sponsored 19 health/assistance programs and helped fund the new 3D Tomosynthesis mammography system at CGH Medical Center.

Giving back was a natural reaction, according to several donors to the Annual Appeal. "When the days are cloudy and unhappy, I have an opportunity to spread a little joy, help and sunshine from my home by using my pen to make a gift to the CGH Health Foundation," said Ann Henderson of Sterling.

"I let the Foundation do the 'walking.' They can spread good health, happiness and help to those really in need — and you, like me, can be happy, content and full of sunshine."

Donors made it possible to provide 200 pulse oximeters for COVID-19 patients upon their discharge. The device monitors oxygen level and pulse rate. A matching gift challenge yielded \$100,000 toward the \$750,000 cost of the new mammography system, available to all patients. The Foundation partners with the hospital in providing screening mammograms with no out-of-pocket costs to area women.

"I give to the CGH Health Foundation because it is very rewarding to see my contribution put to use locally and to make a difference in the lives of area kids and adults,



CGH Health Foundation Annual Appeal Chair Nancy Tran, MD, (second from left) presents a \$100,000 "check" to CGH Medical Center CEO Paul Steinke, DO, (third from left). The gift was pledged toward the new 3D Tomosynthesis mammography system (pictured) last spring by Foundation Board trustees. Also present were Gina Grennan, Director of CGH Diagnostic Imaging Department (left) and Matthew Cutter, OD, Chair of the Foundation Board (right).

especially in the area of women's health," said Suzy Perino, a 14-year breast cancer survivor from Rock Falls.

Foundation Chair Matthew Cutter, OD, a CGH optometrist, has been a contributor since the late 1990s. "I give because the CGH Health Foundation helps our patients through various programs, but also provides youth and adults throughout the Sauk Valley with eyeglasses, health screenings, scholarships and so much more."

Donations are accepted at any time — visit cghmc.com/foundation or call 815-625-0400, ext. 5672.



Pictured are CGH nurses in training in 1919. The middle nurse is Rachel Burr, and many nursing scholarships have been awarded in her honor. Can you help us identify any of the other four nurses? Please email us at info@cghmc.com!

CGH Salutes Nurses and Hospital Staff

National Hospital Week (May 9–15) aims to recognize and celebrate hospitals, health systems and the people who work at them. Now more than ever, this important week gives us all the opportunity to highlight our CGH Medical Center staff and the innovative ways they continue to support the needs of their community members during the pandemic.

In appreciation of all of our nurses, CGH will also celebrate National Nurses Week beginning May 6 and ending on May 12, Florence Nightingale's birthday. This event is held annually to recognize and highlight the hard work and commitment involved in nursing, the largest healthcare profession.

CGH Medical Center employs over 800 nurses ranging from certified nurses' aides to nurse practitioners with a variety of educational backgrounds and specialty certifications, including nurses who are working on their doctorate in nursing practice. The years of experience range from new graduates to 40+ years in the field.

Calendar of Events

SPRING 2021

For a full list of CGH events visit cghmc.com/calendar

BLOOD DRIVE

Thursdays, April 1 and June 3
9:30 AM-7 PM
CGH Ryberg Auditorium
100 E. LeFevre Road, Sterling, IL
To schedule an appointment, call **815-625-0400, ext. 6879** (Michelle) or **ext. 1057** (Bryan). Or log on to bloodcenterimpact.org and use code 3591.

CHOLESTEROL AND GLUCOSE SCREENINGS

Friday, April 16; Thursday, May 13;
Friday, June 25
6-9:20 AM
Twelve-hour fast and appointment are required. Cost is \$30. Call **815-625-0400, ext. 5716**.

PREPARING FOR BABY

Classes are held via Zoom until further notice. Please sign up at reception in the CGH Main Clinic OB/Gynecology department or call **815-625-0400, ext. 5504**.

BIRTHING AND BABY BASICS

Thursdays, April 8, May 13, June 10
5-8 PM
Instructor: Marcela Sproul, RN, CLS
Designed for moms in the second half of pregnancy and their coaches, these classes focus on everything you need to know about the labor and delivery process.

BREASTFEEDING CLASS

Thursdays, April 15, May 20, June 17
5-7 PM
Instructor: Marcela Sproul, RN, CLS
Taught by our certified lactation specialists, this class shares everything you need to know about beginning breastfeeding.

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Introducing the New HealthLines E-Newsletter

Get the latest CGH health and wellness news delivered right to your inbox. Visit cghmc.com/education-resources/e-newsletters to sign up today!

Growing Healthier

SPEAKER SERIES



CGH
Health Foundation
Your partner in good health

Join us for FREE programs featuring speakers on important health topics, or live tours of our departments and services. Due to COVID-19, all of our Growing Healthier programs will be available via the CGH Facebook page in Facebook Live format, and hosted by William Bird, MD, VP & Chief Medical Officer. LIKE our Facebook page, and sign up for notifications! For more information, call **815-625-0400, ext. 5716**, or visit cghmc.com/growinghealthier.



April - Is It Allergies or Something Else? on **Thursday, April 8** with Therica Heeren, PA-C, MS, and Jackie Greve. Respiratory illnesses may have similar symptoms. How do you tell the difference between a cold, allergies or if it's something more serious?



May - Protect Your Bones on **Thursday, May 6** with Debra Bowman, MD-FACOG. Osteoporosis is a bone disease that occurs when the body loses too much bone, makes too little bone, or both. When bones become weak, they may break more easily from a fall or minor bump and can cause other serious health problems. Find out how you can help prevent and treat it.



June - Men's Health on **Thursday, June 3** with Kevin Rogers, MSN, NP-C. Have you had your annual checkup? Is it time to see a physician? Learn about signs in your personal health that may indicate a problem, and use those to determine when it's time to make an appointment.

How can you help prevent heart disease?

Look for our new monthly "Smart at Heart" video series beginning in May featuring nurse practitioners from the CGH cardiology department.

