

Good Things are Happening at the CGH Health Foundation

March 17, 2021

In This Issue:

- Foundation presents \$100,000 gift for 3D Tomosynthesis Mammography System
- Pulse Oximeters purchased
- CGH Health Foundation funds Ways to Wellness Program
- Angelo's Pink Pizza Promotion
- Nursing, healthcare scholarship deadline June 15
- ByeBye2020# health initiative
- Candlelight Inn raises \$13,020
- You've Got a Friend
- No Limits for Pink
- Amboy High School Volleyball Cares

Help for COVID-19 Patients

200 pulse oximeters have been purchased by the CGH Health Foundation to give to COVID-19 patients upon discharge. Staff said patients are very grateful to have the device to check their oxygen levels at home.



Shown demonstrating a pulse oximeter are front row from left, Lauren Pollom, CNA, Brett Royer, nurse navigator, Danielle Grobe, RN, Katyn Parrott, RN, Amber Weber, CNA; back row from left, Manuel Mooney, RN, and Daxtun Heier, CNA.

Foundation presents \$100,000 gift for 3D Tomo

A gift of \$100,000 from the CGH Health Foundation was presented recently toward purchase of the 3D Tomosynthesis mammography system. The highly anticipated new system was installed in December.

"We were honored to be able to assist in this important project for our area women," said Dr. Nancy Tran, CGH Hospitalist and Chair of the Foundation Annual Appeal this past year. "Thank you to all those area citizens, businesses and clubs who made this possible."

The gift, pledged last spring by Foundation trustees, was prompted by a \$1 for \$1 match from a donor. Proceeds from the annual Delicious Designs

event and the pizza promotion by Angelo's Pizzeria during the month of October comprised a major portion of funds raised.

With the new 3D Tomo system, CGH patients can expect an even higher level of care - earlier diagnosis due to more sensitive readings and a more comfortable mammography experience. "The new technology is available for all of our patients and is especially advantageous for women with dense breast tissue," said Gina Grennan, director of CGH Diagnostic Imaging Department. "We are excited to be able to offer this new modality, which has a more rapid scanning ability and lower dose exposure."



CGH Health Foundation Annual Appeal Chair Dr. Nancy Tran, second from left, presents a \$100,000 "check" to CGH Medical Center CEO Dr. Paul Steinke, third from left.

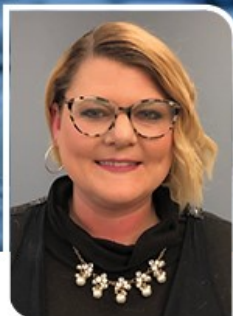
The gift was pledged toward the new 3D Tomosynthesis mammography system (shown in background) last spring by Foundation Board trustees. Also present were Gina Grennan, left, director of CGH Diagnostic Imaging Department, and Dr. Matthew Cutter, chair of the Foundation Board, right.



Your giving makes good things happen!

Did you know the CGH Ways to Wellness Program counseling service for our patients is funded by the CGH Health Foundation?

Available since 2016, our CGH patients receive free counseling, whether in-person, via phone call or Zoom, as provided by Sinnissippi Centers mental health professionals. Nearly 700 individuals have been seen already this fiscal year. Both Christine Romesburg, QMPH, MSW, MBA, and Julie Kirchhoff, BA, MHP, are available. Both offer expert assessment, brief targeted intervention, and individual therapy for social, emotional and environmental issues in partnership with Sinnissippi Centers.



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Angelo's Pizzeria pink pizza promotion hits new high



Michelle Hodge, Operations Manager at Angelo's, left, presents \$19,770 raised through Angelo's pizza orders to Joan Hermes, CGH Health Foundation Executive Director.

A record high of \$19,770 was raised by Angelo's Pizzeria during their Pink Pizza Promotion in October. For the fourth year, all proceeds went to the CGH Health Foundation Women's Health Program.

\$1 was donated for every take-out or delivery pizza ordered from Angelo's Pizzeria during the month of October. Area women will benefit as proceeds went toward the new 3D Tomosynthesis mammography system. All four Angelo's restaurants in Sterling, Rock Falls and Dixon participated. Over \$52,000 had already been donated through the past three years of pizza promotions.

We thank the Wright Family for caring so much about the women of our area communities. "What amazing kindness and caring the folks at Angelo's Pizzeria have shown yet again for the women of the Sauk Valley," said Joan Hermes, Foundation executive director.

CGH Health Foundation Scholarship Deadline

The CGH Health Foundation Nursing and Healthcare Scholarship 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.



There are nine nursing/healthcare scholarships available with just one application. Awards range from \$1,000 to \$3,000. Residents of the CGH service area are eligible, including individuals living in Whiteside, Lee, Ogle, Carroll and Bureau counties.

Go to www.cghmc.com/scholarships. Scan completed forms to Foundation Executive Director Joan Hermes at joan.hermes@cghmc.com by 5 p.m. on Tuesday, June 15. Drop off at 2600 N. Locust Street, Suite B or leave at the hospital front desk.

ByeBye20# Health Initiative



You've Got a Friend!

www.cghmc.com/foundation | (815) 625-0400 EXT. 5672

The CGH Health Foundation's ByeBye20# Facebook group has nearly 200 members and continues to grow!

Group members enjoy daily posts targeted at achieving and maintaining a healthy body weight from partners like the Sterling Rock Falls Family YMCA, the Sterling Park District, Coloma Township Park District, 7:24 Fitness on the Rock, Central Park Yoga, and the Food, Fitness, You kitchen. Members are also eligible for weekly prize drawings and exclusive offers. The learning and the fun go on until the end of June, so it's not too late to join.

Use this link to find us:
<https://www.facebook.com/groups/777326186193734>



Contributions received May 1, 2019 to April 30, 2020 from individuals, businesses, clubs and organizations totaled \$458,613 and were used to fund 19 projects/programs.

SAUK VALLEY AREA CHILDREN AND ADULTS IMPACTED

34,711

From May 1, 2019 to April 30, 2020



- 10,742 EDUCATED**
- 20,747 ASSISTED**
- 3,222 SCREENED**

PROJECTS

- CGH Peds Rehab Center
- Peds Mental Health
- In-home chemo pumps
- Medication Assistance
- Transportation Assistance
- Ways to Wellness
- Cancer Comfort Care
- Eyeglasses for Kids/Adults
- Prescott Dental Clinic
- Women's Health
- Scholarships
- CATCH/Nutrition & Fitness
- CGH Therapy Dog Program
- Cardiac Wellness
- Workplace Wellness
- Diabetes Education
- CGH Daycare
- CGH Caring Fund

Sauk Valley Chicken Lovers Raise \$13,020 for Candlelight Inn Promotion



Matt Prescott, owner of Candlelight Inn, presents a \$13,020 check to CGH Health Foundation Executive Director Joan Hermes.

funds 18 wellness programs and healthcare services initiatives in the five-county service area of CGH Medical Center.

"We are delighted at the goodwill shown by the folks at Candlelight as well as the amazing support from their customers," said Joan Hermes, executive director of the Foundation. "This year especially we have funded numerous COVID-19 related projects that were not in our budget, so this gift makes a huge difference in our ability to make life easier for kids and adults living in the Sauk Valley."

Hermes said pulse oximeters have been purchased to give to COVID-19 patients who are discharged from the hospital. "This handy tool tracks their oxygen levels and pulse rates when they go home. Many times, individuals don't realize how close to crisis they might be with reduced lung capacity from the virus."

Owner Matt Prescott said, "We were happy to work with CGH Health Foundation on this project, involving our customers and benefitting our community."

Candlelight Inn chicken aficionados got their taste buds tickled and gave a boost to a local charity, all at the same time, during the month of February. A total of \$13,020 was presented to the CGH Health Foundation this past week.

The popular restaurant pledged \$1 for every item featuring chicken purchased during February, with all proceeds going to the Foundation. Both the Sterling and Rock Falls Candlelight restaurants took part in the fundraiser. The Foundation

The Foundation also sponsors rides to get patients to and from hospital and clinic appointments, as well as transportation to out-of-town specialists; a B-CALM help phone line for youth and families suffering from the pandemic; pediatric mental health services in area schools; medication assistance for patients; and fort bags and meals during treatment for chemotherapy patients, to name just a few projects.

The Candlelight Inn began in 1967 in downtown Sterling. Since 1989, the popular restaurant has been headquartered in a renovated barn at the north end of Sterling.

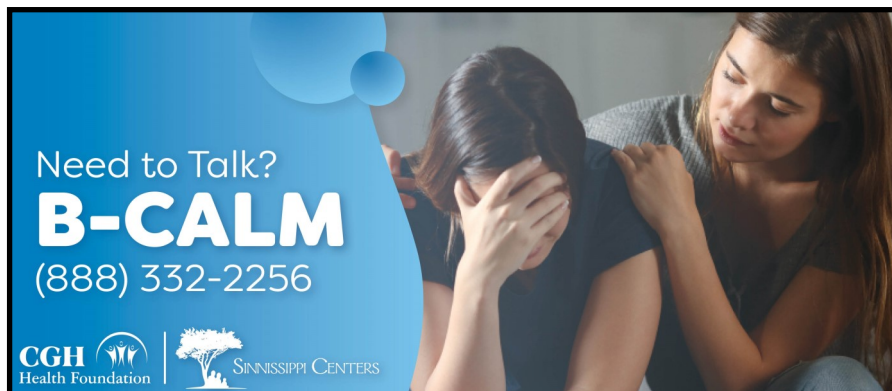
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~Joan Hermes, Executive Director
CGH Health Foundation



B-CALM Stress Relief Support Line

The Coronavirus pandemic is having deep impacts on individuals in so many ways. The CGH Health Foundation began partnering with Sinnissippi Centers in June to provide youth and families a way to reach out for emotional support during the pandemic.



The B-CALM support line number is 888-33B-CALM or 888/332-2256. The new B-CALM help line is available for a positive spin on how to deal with the stress you are experiencing. Callers chat with someone who is trained in coping and self-care. There have been 120 calls to the line since its inception.

No Limits for Pink

Pink was the theme at the No Limits Volleyball Club tournament in October at which \$1,000 was raised for the CGH Health Foundation Women's Health Program. Sauk Valley athletes ages 10 – 18 all dressed in pink in memory of Mary Davis, a Blackhawk College volleyball coach for 26 years, who lost her battle with breast cancer in 2017. Mary's daughter, Emma Davis, shown below, center right, is part of the Club. She is shown holding the check with NLV Club Director Kelsey Thurman, center left.



Amboy High School Volleyball Cares

In honor of Breast Cancer Awareness month, the AHS Volleyball teams volunteered to rake and pick up sticks in area yards during the fall for donations to the CGH Health Foundation. Together, the girls raised \$705 by doing this yard work!



AHS Volleyball team members, shown above, during one of their afternoons working in a yard.

Proceeds from both of these fundraisers will be used to provide CGH Medical Center cancer patients with comfort bags. These totes contain lotion, socks, mouth wash, puzzle books, ice packs, tea bags, Queasy Pops, peppermints, a water bottle, gas cards, meal cards and other items which can assist the patients in their journey. Donations are accepted year-round by calling Joan at 815/625-0400, ext. 5672 or by making a gift online at www.cghmc.com/foundation.