



Communique

April 7, 2022

A CGH Medical Center Publication

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Thomas King, DO, Joins CGH Medical Center Board of Directors

CGH Medical Center is proud to welcome Thomas King, DO, to the CGH Board of Directors. A physician at CGH since 2014, Dr. King has dedicated his career to a full range of vascular and endovascular procedures. He was selected by his colleagues, then appointed and confirmed by Sterling's mayor and city council to finish out the term vacated by Thomas McGlone, MD, who recently retired.

Dr. King received his doctor of osteopathic medicine degree from New York College of Osteopathic Medicine in Old Westbury, New York, and his BS from Montclair State University in New Jersey. He completed his general surgery residency at Henry Ford Macomb Hospital in Michigan, and finished his vascular surgery fellowships at McLaren Macomb Hospital in Michigan and the Arizona Heart Hospital in Phoenix.



Thomas King, DO

"We are pleased to welcome Dr. King to the CGH Board of Directors," said Dr. Paul Steinke, CGH President and CEO. "He has consistently demonstrated his devotion to his patients by bringing them the most advanced vascular treatments available, and he has done so with a commitment to excellent care and kindness. His appointment to the CGH Board of Directors shows the support he has earned from his colleagues and his dedication to the community at large."

CGH Medical Center Welcomes Maher Younes, MD, FAAOA

Otolaryngology (ENT) - Head & Neck Surgery

We are pleased to welcome Maher Younes, MD, FAAOA to CGH Medical Center. Dr. Younes is a board-certified Otolaryngologist - Head and Neck Surgeon and is a fellow of the American Academy of Otolaryngic Allergy (AAOA).

Dr. Younes received his MD and BS from the American University of Beirut in Lebanon. He completed post-doctoral research fellowships in thoracic head and neck medical oncology and head and neck surgery at the University of Texas MD Anderson Cancer Center in Houston. Dr. Younes completed his residency in Otolaryngology - head and neck surgery at the University of North Carolina Hospitals in Chapel Hill, as well as a fellowship in facial plastic and reconstructive surgery at Virginia Commonwealth University in Richmond.



101 E Miller Rd, Sterling, IL
(815) 625-4790
www.cghmc.com

EMPLOYEE OF THE MONTH

ROXANE GLUFF

Physical Therapy
Aide
Physical Therapy,
Morrison



APRIL 2022

Roxane is the epitome of an employee who exceeds all CGH Standards of Behavior. She goes above and beyond to ensure patients are receiving the best quality care and service. I believe all my current and previous patients would attest to this. Roxane is respectful, is an active listener, and always has a positive attitude. She is always offering to assist patients in any way she can whether it is by assisting with phone calls to other provider's offices, coordinating appointments, grabbing a patient a glass of water, or even helping out other coworkers here at our Morrison Clinic. Roxane is such a wonderful asset to our CGH family, and I am blessed to call her a coworker and friend. Her hard work should never go unnoticed, and she is so deserving of Employee of the Month.



Purpose, Worthwhile Work...
Making a Difference!



Congratulations to **Katlyn Denning**, Vision Center Assistant, for passing the Certified Ophthalmic Assistant (COA) exam. Katlyn works in the Vision Center at the CGH Dixon Medical Center.



Way to go, Katlyn!

Mandatory Education

Reminder: CGH Employee Mandatory Education for FY 2021-2022 completion is required by April 30.



**Our doctors
are the heart of
our community!**

At our hospital, patients come first. And no one embodies that belief more than our doctors. Not only do they work long, often brutal hours to give their patients the best care possible, many go well beyond. They teach and mentor the next generation, donate their time in the community, and step up to care for the sick during national health crises like COVID-19. Since 1909, the doctors and healthcare workers at CGH Medical Center have helped our community through many pandemics such as the Spanish flu, cholera, polio, bird flu, H1N1, and other serious public health outbreaks. We will continue to be your trusted healthcare provider now more than ever. **From our hearts to yours, we say thank you doctors for all that you do for CGH and the communities we serve.**

Happy Doctors' Day!

from

CGH Medical Center

100 E LeFevre Rd, Sterling, IL • (815) 625-0400

Doctors' Day was on March 30, but since we did not have a Communique last week, we wanted to take this opportunity to thank all of our doctors for all that you do!

Health Information Professionals Week



AHIMA HIP Week

Celebrate the impact that Health Information Professionals have on the quality of patient care around the globe.

April 18-22, 2022

hipweek.org

Health information represents many things to different people, but it means something to everyone. Your health information is your story. It is sensitive, private, and complex. Above all, health information is human information. During Health Information Professionals Week - April 18 to 22...and all year long...we celebrate our CGH Health Information professionals who see the person connected to the data, and work tirelessly to ensure their information remains accurate, accessible and protected. Thank you for all you do!

Kevin Folk Retirement

We want to wish **Kevin Folk** (Emergency Department) a Happy Retirement!

Kevin retired on April 1, 2022 after 19+ years of dedicated service to CGH Medical Center.

Congratulations, Kevin! CGH wishes you all the best! Thank you for your hard work and dedication to our patients and community.



FRIENDS — OF THE — CGH AUXILIARY

Enjoy an evening hors d'oeuvre party in honor of the CGH Auxiliary's 75th Anniversary! Indulge in delicious food, desserts, and two complimentary drinks while listening to the Rock River Jazz Band.

THURSDAY, MAY 12TH, 2022
6:30PM - 9:30PM · MCCORMICK EVENT CENTER
205 E 3RD ST, ROCK FALLS, IL · \$55 PER PERSON

RSVP BY APRIL 25TH, 2022

For additional information please contact,
Deb Keaschall (815) 625-0400 ext. 5727



Foundation Scholarships

Need help with college costs?

The CGH Health Foundation sponsors several scholarships:

- **Blue Sky Healthcare Education Scholarship**, for CGHers and/or their children, deadline **Friday, April 29**
- **Foundation Nursing/Healthcare Scholarships**, open to the public, which includes CGHers, deadline **Wednesday, June 15**

Awards range from \$1,000 to \$3,000 and several of the grants are renewable.

- You must already have been accepted into your nursing/healthcare professional field of study to be eligible
- Go to Lifeline/CGHHealthFoundation/InternalSite/ScholarshipForms to download your applications

Submit via email to joan.hermes@cghmc.com or to the Foundation mailbox or to the Foundation office at 2600 N. Locust St., Sterling.

Questions? Contact Joan or call ext. 5672.



CGH Auxiliary Volunteer Spotlight

Name: Sue Nestor

I live in: Sterling

Joined CGH Auxiliary in: 2014

Hobbies:

I like gardening, golf and tennis.

Area(s) of Volunteer Service:

Lobby Greeter

Hours: 322

What I enjoy most about volunteering:

I just enjoy helping others in any way that I can.



SUE NESTOR



"Memories Matter," Campaign Has a Personal Connection

The "Memories Matter." CGH Health Foundation Annual Appeal campaign is very personal for CGH Employee Division Co-Chairs Mimi Hicks, Daycare Director, and Sandy Williams, CGH retiree.



Mimi Hicks



Sandy Williams

The 2022 fund drive celebrates the lives of those impacted by dementia as well as the past 35 years of Foundation successes as Your Partner in Good Health. Proceeds from the April 29 to May 3 virtual Silent Auction will go toward the dementia initiative.

Both Mimi and Sandy have been involved for years with Foundation employee activities, but this year is very special to them. Sandy lost her husband, Eldon, in January 2020 because of dementia. "The hardest part was watching him decline, being there 24/7 and watching my life partner slowly leave," said Sandy. "I relied on God, my family and church to get through it, but it would have been great to talk to someone about how to handle some of the difficult situations we encountered."

Already, three new support groups are in the works in Sterling, Polo and Prophetstown, with more planned so that caregivers don't have to travel far to meet. Accommodations are being made for the loved one to take part in activities while the support group is going on. In addition, educational programs are being planned throughout the service area with the help of the Alzheimer's Association staff from Rockford.

"Along with raising funds, we want to know what else the Foundation can do to help those going through this difficult journey," said Mimi. "Our goal is to make it easier to find information, to add or expand resources and services in the area and to raise awareness about dementia and how it changes lives so dramatically."

Mimi's mom, Isabel, is in the late stage of dementia and is living in a memory care facility. Her family of eleven siblings took turns staying overnight with her for two years and then arranged for 24-hour care for their mom. But last June they made the painful decision to seek nursing home care.

"Finding a safe and affordable facility is definitely a hard part of dealing with this diagnosis. It is difficult to talk to your loved one when you know they do not have any idea who you are and they do not look at you like they used to," said Mimi. "You have no idea what all is involved before you reach that moment – it was a learning by doing experience. There were so many things we had to get, such as a shower chair, no slip rugs, lift chair, gait belts, bed alarm, baby monitor, easier to get on/off clothing, not to mention puzzles, games, and laminated pictures of all the family members."

Adult memory baskets would be most appreciated for inclusion in the upcoming Silent Auction. If you need other suggestions, contact Mimi via email or at ext. 5745 or Sandy at ewsw65@gmail.com or Amanda Blaine at ext. 5575 or amanda.blaine@cghmc.com.

Memories Matter.

In support of Alzheimer's Awareness
CGH Health Foundation Your partner in good health for 35 years.

We're celebrating!

- Celebrating 35 years of doing good works in the Sauk Valley
- Celebrating our many supporters
- Celebrating and honoring those individuals and families affected by dementia/Alzheimer's with new resources and assistance

Help us celebrate!

**Baskets & Desserts
NEEDED**

**CGH Health Foundation
Virtual Auction**

7 am Fri., April 29 - 9 pm Tues., May 3

It's time to get creative and put together your baskets for the CGH Health Foundation's Virtual Auction. The always enjoyable event begins **Friday, April 29 at 7 a.m.** and ends on **Tuesday, May 3 at 9 p.m.** on airauctioneer.com. All CGHers, as well as the public, are urged to join in the fun!

Grab your friends and co-workers and start creating your amazing baskets. Let us know what delicious desserts you are willing to bake for our auction! Please help make this event bigger and better than ever for our 35th anniversary!

If you would like to donate a basket or dessert item, contact CGH Employee Division Co-Chairs Mimi Hicks at ext. 5745 or at mimi.hicks@cghmc.com, or Sandy Williams, CGH retiree, at 815-625-6769 or ewsw65@gmail.com, or Foundation Development Officer Amanda Blaine at Amanda.Blaine@cghmc.com or at ext. 5575. Please bring your baskets to the Foundation office at 2600 N. Locust St. by Friday, April 22 at noon.