



Care

because we

Women's Health Services

Our hearts turn this year to providing new and enhanced services for cancer patients and those in need:

- Offer pamper bags for breast cancer patients
- Fund vouchers to assist with lymph edema treatment and breast prosthesis/bra
- Sponsor 2-for-1 mammogram promotion
- Supply phone and gas cards for eligible breast cancer patients
- Provide cardiac/stroke risk assessments and cholesterol, blood pressure, glucose and bone density screenings for eligible program participants
- Help fund breast ultrasound scanner
- Launch awareness campaign for gynecological cancers

Send your gift to:

CGH Health Foundation
100 E. LeFevre Road, Sterling, IL 61081

or make an online donation at
www.cghmc.com/foundation

Campaign Goal

\$260,000

Health & Fitness Initiative (includes "Healthier Kids")

An educational effort to encourage children and adults to alter their lifestyles through increased physical activity and making healthy food choices

Workplace Wellness Program

On-site workplace screenings and education centered on lowering blood pressure, cholesterol and glucose

Cardiac Wellness Program

Programs are designed to educate people in our community on ways to prevent the #1 cause of death - heart disease

Eyeglasses for Kids Program

Free eyeglasses for financially eligible school-age children

Scholarships

Nursing and healthcare scholarships for local youth/adults

Women's Cancer Prevention/Women's Health

Financial assistance for mammograms/physician visits, along with breast/gynecologic cancer education and new services

Diabetes Prevention

Education focused on identification of pre-diabetes and prevention of type 2 diabetes

Prescott Dental Clinic

Low-cost dental care for children/adults. Joint effort with the Whiteside County Health Department

Colorectal Cancer Prevention

Promotes screening for this preventable cancer

Lung Cancer Prevention

Continued effort to help individuals quit smoking and raise awareness about the dangers of secondhand smoke

Men's Health

Dedicated to educating about risk factors of prostate and testicular cancer; provide PSA test vouchers for underserved

Cancer Resource Center

Supports wig bank, resource library, and rides for cancer patients

Puttin' on the

Pink

2009 Annual Appeal



Join us as we touch the lives of women in the Sauk Valley. You can make a difference as we dedicate this year to enriching our women's health program. An outpouring of support for new breast and gynecological cancer services has led to an expansion of women-centered services.

Protect



Puttin' on the

Pink

for women's health

Meet **Kara** (left) and **Susan** (right). Both area women are thankful for the help provided them through the CGH Health Foundation Women's Cancer Prevention Program. Both are high risk candidates for breast cancer – Susan has six family members who have been affected by the disease and Kara's sister is fighting it right now.

"Since I don't have insurance, I am very grateful for being able to have my regular breast and Pap exams provided through the Foundation," said Susan.

The Foundation has helped "lessen my fears," said Kara, "knowing that I can go get these tests done that the doctors want me to have now because of my sister. To have the support from CGH is everything. I don't know how my husband and I could afford to do it otherwise."

In this time of need, your contribution is especially crucial. Please give.

Helen (on cover) is a breast cancer survivor and Foundation donor. "CGH has taken such wonderful care of me, from the nurses to the doctors, to the cancer treatment center. I am a firm supporter of the hospital and the Foundation. I have contributed for quite some time and keep on giving because the money stays here."

Marty Benson and Jan Andersen (pictured at right) are the 2009 Annual Appeal co-chairs. Members of their campaign cabinet include: Dr. Thomas McGlone, Medical Division co-chair; Dick Cox and Helen Young, Clubs Division co-chairs; Suzy Perino, Business Division chair; Sarah McNeill and Lettie Gutierrez, CGH Employee Division co-chairs.



Cherish

"We've spent the past 16 years educating local women about breast health, and the reduced number of breast cancer deaths is a sign that we are succeeding. The new program additions we'll be funding will now focus more attention on heart, stroke and diabetes as well."

~ Marty Benson



"I feel strongly that everyone should have access to the best healthcare available. That is why I am proud to be involved with the work of the Foundation."

~ Jan Andersen