



# Communique

June 7, 2018

A CGH Medical Center Publication

## In This Issue:

- Raising Awareness of Chronic Wounds
- CGH Milledgeville Patient Appreciation Day
- CGH Welcomes Dr. Sterling Scott Reese
- Chicago Cubs Tickets Winner
- Healthy Nurse Healthy Nation Challenge
- CGH Summer Scholars
- June Employee of the Month
- Hospital Happenings

*Congratulations  
2018 Graduates!*

CGH MEDICAL CENTER PRESENTS  
**PATIENT APPRECIATION DAY**



**MILLEDGEVILLE**  
MEDICAL CENTER

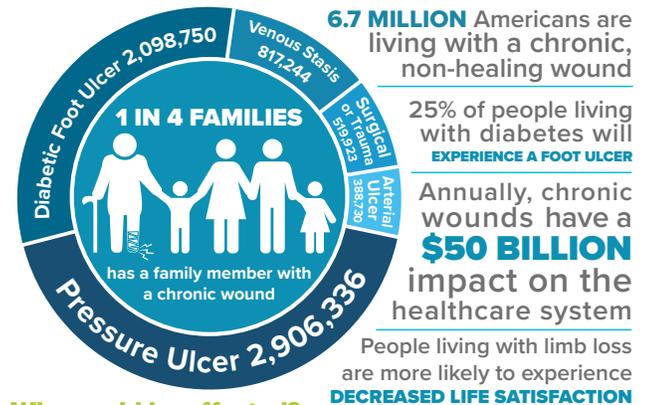
JUNE 14, 2018 • SERVING LUNCH 11AM-1PM  
601 E. OLD MILL ST. MILLEDGEVILLE, IL • (815) 225-5040

OUR CEO, **DR. PAUL STEINKE** WILL BE GRILLING AND GREETING!

## Raising Awareness of Chronic Wounds

# WOUND CARE AWARENESS

Educating people about advanced wound care to heal and change lives



### Who could be affected?



**Be aware. Intervene early. Seek advanced wound care.**

The CGH Wound Healing and Hyperbaric Oxygen Treatment Center, a member of the Healogics network, is helping raise awareness of chronic wounds. The fifth annual Wound Care Awareness Week is being held from June 4 to June 8. One of 700+ Healogics-managed Centers; the CGH Wound Healing and Hyperbaric Oxygen Treatment Center offers advanced therapies to patients suffering from chronic wounds.

It is estimated that chronic wounds affect 6.7 million people in the U.S. and the incidence is rising, fueled by an aging population and increasing rates of diseases and conditions such as diabetes, obesity and the late effects of radiation therapy. If left untreated, chronic wounds can lead to diminished quality of life and possibly amputation of the affected limb.

“We see patients living with non-healing wounds for a prolonged amount of time due to the lack of awareness of advanced wound care options,” said D. Scott Covington, MD, FACS, Provider Education and Engagement leader for Healogics. “We work to educate community physicians about which of their patients can benefit from advanced wound care, and then provide coordinated care to heal that patient’s wounds.”

People with wounds that have not improved with traditional methods of treatment may benefit from a visit to the CGH Wound Healing and Hyperbaric Oxygen Treatment Center. Visit [www.woundcareawarenessweek.com](http://www.woundcareawarenessweek.com) to learn more about Wound Care Awareness Week and to hear from patients about how wound healing changed their life. To schedule an appointment, please call 815.564.4002 or visit [www.cghmc.com/services/wound-healing](http://www.cghmc.com/services/wound-healing).



# CGH Medical Center welcomes Sterling Scott Reese, MD, FACC (Cardiology)

We are pleased to announce that Sterling Scott Reese, MD, FACC has joined CGH Medical Center. Dr. Reese is board certified in Interventional Cardiology and brings 34 years experience in cardiovascular disease and cardiac device implantation.

Dr. Reese received his MD and BA from Boston University in Massachusetts. He completed his Internal Medicine residency and Cardiology fellowship at UCLA, San Fernando Valley Medical Program at the Veterans Administration Hospital in Sepulveda, California.



100 E LeFevre Rd, Sterling, IL  
(815) 625-0400  
www.cghmc.com

## Chicago Cubs Tickets Winner



**Congrats to Barb Brady for winning the Chicago Cubs tickets!** Barb won a 4-pack of tickets to the home game at Wrigley Field against the Los Angeles Dodgers on Wednesday, June 20 at 1:20 pm.



Thank you to everyone who participated in this raffle. \$830 was raised from this raffle for the 2018 CGH Health Foundation Annual Appeal!

*Pictured above are Amanda Blaine, CGH Health Foundation Development Officer, and Barb Brady, LPN, Main Clinic Triage.*



2018 CGH HEALTH FOUNDATION ANNUAL APPEAL

## HEALTHY NURSE, HEALTHY NATION™ GRAND CHALLENGE



The Healthy Nurse Healthy Nation Grand Challenge was initiated by the American Nursing Association to improve the health of the nation's nurses. Although the challenge was designed for nurses **all CGH employees are invited to participate.**

If you haven't signed up yet, go to [www.hnhn.org](http://www.hnhn.org). Under "Join the challenge" click on "Individuals" and follow the instructions. Make sure to select CGH Medical Center when asked if you are affiliated with any of the organizational partners.

When CGH signed up to be a HNHN partner, we were asked to create a measurable goal to work toward. We decided to see if we could positively impact blood pressure numbers.

All of the HNHN health domains could potentially impact a person's blood pressure:

- Nutrition
- Physical activity
- Quality of life
- Rest
- Safety

By participating in the challenges and making the small changes suggested, you may be able to improve not only your blood pressure but other health indicators as well.

To submit your current blood pressure numbers please have someone take your blood pressure and click on the Survey Monkey link that was sent to you to enter your numbers. The survey is anonymous and no individual results will be identified. Please contact Sherry DeWalt at ext. 5716 with questions.

# CGH Summer Scholars

To provide local high school seniors and college pre-med students with an opportunity to explore the health care field, CGH recently announced the recipients of the 2018 Summer Scholars Program. We take this opportunity to introduce and welcome them to CGH. During the months of June and July, these students will have the opportunity to work one-on-one with CGH physicians, while also attending lectures about careers in the health care field, completing one research project relevant to public health, and rotating between our various medical departments. Below are small excerpts from each student's application essays, describing their interest in becoming a doctor. Welcome to CGH!



## **Kate Bonnell** (Newman Central Catholic High School)

I was only six years old when I became extremely sick due to Lyme's Disease. After this experience, I knew I wanted to be just like the doctor who helped me get healthy; putting people at ease, curing sickness, and possibly even saving lives. I want to do for others what she did for me. I want to be able to comfort people while I treat them. I want to be able to give my patients a better quality of life as much as my skills will allow. I'm aware that it takes several years worth of work and commitment to become a physician. It's a life challenge that I am willing to take on, and I know I'll enjoy doing so. Medicine is a well-respected practice that I am determined to work my hardest in.



## **Emily Castillo** (Sterling High School)

My mother moved from Mexico specifically for her children's education. She left her entire family; she won over her citizenship, for us and for me. Growing up, I continuously considered my own power to simply help, just as my parents had sacrificed to help me. I accumulated motivation and an inner drive to help others when I witnessed the kindheartedness of my parents and the God I serve. I recognized my ability to serve others after seeing this and understood that I could provide security and warmth to whomever asked for it. Aware that I could give to others in an exceptional way, concepts related to the medical field became overwhelmingly thought provoking. All throughout high school, I have been putting these pieces together — I will one day be a physician.



## **Brooklyn Freas** (Sterling High School)

In the fall of 2018, I will be attending the University of Iowa to major in Human Physiology with a minor in Spanish. I have chosen to pursue a career as a physician because of my passion to help others and ever growing fascination with medicine and surgical procedures. I feel that helping people is an important part of life, and what better way to do so than to help others when they are unable to help themselves. Over the years, I have found a strong passion for anatomy and why the human body works the way that it does. In the end, I aspire to become a Physicians Assistant and specialize either in Orthopaedic Surgery and Sports Medicine or Emergency Medicine with hopes of returning to Sterling and CGH to pursue my career as a physician and to help others in every way that I can.



## **Lama Zaioor** (Sterling High School)

By the end of my kindergarten year, I was able to pronounce, "automated external defibrillator" without difficulty, but my journey to learn more about the medical profession did not end there. Biology, in particular, has shaped my educational experience like no other. When I took AP Biology sophomore year, I knew that biology was definitely going to be an integral part of my higher education. My future in science, coupled with my passion for serving those in need, indicates that being a physician is the perfect job for me. The honor of having someone in need come to me for assistance is beyond measurable. I aspire to become a physician, so that I may find happiness, not in what I can get, but in what I can give.

# JUNE 2018

## Employee of the Month



**Cathy Roux**

Secretary, Outpatient Physical Therapy



**I live in:** Dixon

**Joined CGH on:** December 28, 2000

**Education:** Dixon High School

**Family:** Husband of 36 years, Randy; daughter, Andrea (Andrew) Ferguson; son, Nathan (Ashley) Roux; grandchildren, Easton (12), Maddison (7), Carly (5) and Crosby (4)

**Proudest Achievement:** My family - I am so proud of my children, their spouses, and our grandchildren. They truly make me smile.

**Hobbies:** I love gardening, reading, and wine tasting.

When patients and other providers first contact the Outpatient Physical Therapy department, Cathy is often the first person they encounter. She goes above and beyond every day to help patients and staff, regardless of circumstances. Cathy is always caring, respectful, and brings a positive attitude to all that she does. We are truly blessed to have Cathy as part of the Outpatient Physical Therapy department and CGH organization.  
~ Outpatient Physical Therapy Staff

We congratulate her on being chosen June's Employee of the Month.

*Purpose, Worthwhile Work, Making a Difference!*

Hospital Happenings

### Blood Pressure and Blood Sugar Screenings

Screenings are held on the first Thursday of the month (**July 5**) from **8 to 9:30 a.m.** in the CGH Main Clinic lobby; second Thursdays (**June 14, July 12**), from **11:30 a.m. to 1 p.m.** in the CGH Medical Center lobby; third Thursdays (**June 21, July 19**), from **3 to 4:30 p.m.** at County Market in Sterling; and third Fridays (**June 22, July 20**) at Westwood Fitness & Sports Center.



### Cholesterol Screening

If you need your cholesterol checked, make an appointment at our next screening on **Friday, June 29**, from **6 to 9:20 a.m.** 12-hour fast and appointment required. Call ext. 5716.

**NEW VENDOR!**  
**Scrub Sale**

WE WILL BRING THE STORE TO YOUR DOOR

FRIDAY, JUNE 29TH

CGH AUXILIARY FUNDRAISER!

Your Choice for Medical Uniforms

**MPG TANDEM**

**CGH**  
Health Foundation  
*Your partner in good health*

Growing Healthier

**Speaker**

*Dialogue that  
Makes a Difference*

**Series**

JUNE



**Plant Based  
for Better Health  
Wednesday, June 27  
6:00 p.m.**

CGH Ryberg Auditorium  
100 E. LeFevre Road, Sterling

**Presented by: Sherry DeWalt**  
ACE Certified Health Coach

**Enjoy refreshments and giveaways!**

Registration appreciated but not required.  
To register, visit [www.cghmc.com/growinghealthier](http://www.cghmc.com/growinghealthier)  
or call (815) 625-0400 ext. 5716  
for more information.

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*One Mission. One Vision. One Team.*



**LEADERSHIP**