Wound Healing Center Employees Celebrate 1 Year Anniversary of Kidney Donation

"I'm a match," Jen Tompkins, RN, whispered with a smile into the ear of her coworker, Terri Miller. "I'm a match!"

Friends for over 18 years, and now coworkers at the CGH Wound Healing Center, the news brought Terri to tears as she couldn't believe what she was hearing. Terri, who was diagnosed in early 2016 with lupus - an autoimmune disease that occurs when your body’s immune system attacks your own tissues and organs - had been added to the Illinois Kidney Transplant List when it was discovered that she had stage 5 kidney disease.

"I came into the hospital with pneumonia, was sent to Rockford for additional care, and ended up starting dialysis at that same visit," Terri said. "Dialysis is a way of cleaning your blood when your kidneys can no longer do the job. It gets rid of your body’s wastes, extra salt and water, and helps to control your blood pressure. They removed 86 pounds of fluid from my body while I was there. From that point on, I started peritoneal dialysis."

After Terri was accepted to the transplant list, Terri and Jen had numerous conversations about kidney donation. Jen was working full time, still nursing her youngest child, and going to school but offered to be tested once she was no longer nursing. In the spring of 2018, Jennifer decided it was time and convinced her husband, Justin, to be on board. She scheduled the testing appointment at UW Health in Madison, Wisconsin in late April. "It was an extremely long day," Jen remembers. "It was a 3 hour drive there and then an 8 hour day full of testing and consultations that included a chest x-ray, EKG, 18 vials of blood, CT of the abdomen/pelvis, evaluations from psych, nutrition, pharmacy, surgery, and nephrology, and finally, meetings with social services and the transplant coordinator."

She ended up being a match. Two months later, the two traveled to Madison to do the transplant, and this year, on July 25, they celebrate the one year anniversary of the donation.

"I couldn't think of anything I wanted to do more than help Terri get her health back," Jen said. "Her husband was my Sunday School teacher and is now my children's teacher, we work together, we go to church together, I helped take care of her parents. On top of that, my mom was a bone marrow donor to my aunt and a long-time blood donor, and my grandparents left a legacy of donating to others for us to live up to. I want to instill a giving spirit into my kids, and how am I going to do that if I don’t do it myself."

The surgery wasn’t without some slight complications, as Jen had a duplicate left renal artery, during surgery a tiny 3rd artery on the back of her kidney was found, and extra lymph nodes. She developed a 20% pneumothorax when the surgeons nicked her diaphragm while having trouble dissecting the top of the kidney. Additionally, they needed to do some reconstruction to Terri to accommodate the duplicate renal artery, a procedure that added four hours to the surgery time.

"I won’t lie," Jen said. "The recuperation from surgery, even though it is done laparoscopically, is rough on the donor. I had a collapsed lung, a lot of gas pain from the CO2, you’re swollen for several weeks after surgery with fluid from a kidney that now has to play catch up, and you’re exhausted...but all in all, it is definitely worth it. Terri came back to work and her cheeks were pink...she doesn’t have to do dialysis (her last day was her birthday)!!...she doesn’t have to carry supplies back and forth when she travels to see her family. She can get up and go...and do...and live! There are so many more things to worry about in life than whether I have one or two kidneys. You can go on with life with one kidney, but you can’t live without kidneys."

"There are no words for what Jen did for me," Terri said. "And there are not enough thank yous to everyone that supported us through this journey. Jason Green and our CGH coworkers were amazingly patient and understanding, HR was extremely helpful with insurance questions, other managers were quick to send help when coverage was needed at the Wound Center, and we truly appreciated everyone’s thoughts and prayers."

"There are over 100,000 people in Illinois in need of a kidney transplant," Jen concluded. "Can you believe that we could all help take care of this? There wouldn’t be a waitlist if people were just a little bit more giving of themselves, and donation is easy...this was easy." For questions about kidney donation, please feel free to call Terri or Jen at the CGH Wound Healing Center at ext. 4002.
CGH Pulmonary Rehabilitation Program Recertification

CGH Medical Center is proud to announce the recertification of its Pulmonary Rehabilitation program by the American Association of Cardiovascular and Pulmonary Rehabilitation (AACVPR). This certification is in recognition of CGH’s commitment to improving the quality of life of patients by enhancing standards of care.

Pulmonary rehabilitation programs are designed to reduce and control the respiratory symptoms and complications experienced with moderate to severe pulmonary diseases, such as chronic obstructive pulmonary disease (COPD) and asthma. This treatment is accomplished through a program of exercise, education, counseling and support for patients and their families.

AACVPR-certified programs are leaders in the pulmonary rehabilitation field because they offer the most advanced practices available and have proven track records of high quality patient care.

“Our team has years of experience in helping people overcome breathing issues, and we all work extremely hard to help our patients breathe better and feel better,” said Tammy Wilhelms, CGH Director of Pulmonary Services, Sleep and EEG. “Being recertified means we continue to pass all of the tests and audits required by AACVPR. By doing this, our patients can be assured they are being provided with the best possible care and should expect the best possible outcomes for their therapy.”

To earn reaccreditation, CGH Medical Center’s Pulmonary Rehabilitation program participated in an application process that required extensive, continued documentation of the program’s practices. AACVPR Program Certification is the only peer-review accreditation process designed to review individual programs for adherence to standards and guidelines developed and published by AACVPR and other related professional societies. Each program’s application is reviewed by the AACVPR Program Certification Committee, and certification is awarded by the AACVPR Board of Directors. AACVPR Program Certification is valid for three years.

About AACVPR

Founded in 1985, the American Association of Cardiovascular and Pulmonary Rehabilitation is a multidisciplinary organization dedicated to the mission of reducing morbidity, mortality and disability from cardiovascular and pulmonary disease through education, prevention, rehabilitation, research and disease management. Central to the core mission is improving the quality of life for patients and their families. Learn more about AACVPR at www.aacvpr.org.

July New Employees

Front Row (L - R): Emma Reinhardt (Summer Worker, HID); Haley Thorpe (CNA, Pediatrics); Genia Reitzel (Housekeeper I, EVS); Annie Austin (CNA, Float-Hospital); Trinity Green (CNA, Float-Hospital)

Back Row (L - R): Kaitlyn Bussie (EKG Technician, Cardio Lab); Mateo Cortez (Semi-Skilled Maintenance Engineer, POM); Laura Hernandez (Housekeeper I, EVS); Idalis Montanez (Summer Worker, Pharmacy); John Gadd (Delivery Driver, Materials Management); Alaina Harty (CNA, Float-Hospital); Aydin Erol (Summer Worker, Lab)

Front Row (L - R): Leidy Sierra Jimenez (Phlebotomist, Lab); Alex Escalante (Cardiac Monitor Tech, CCU); Daxtun Heier (Food & Nutrition Assistant, Dietary); Rina Lec (Casher, Patient Accounts); Karla Munson (Section Supervisor, Lab)

Back Row (L - R): Christine Maves (Registration Clerk, Patient Access); Kimberly Teats-Garrison (Physician Assistant, Family Medicine-Morrison); Kayll Woodyatt (CNA, Ready Care); Ivy Brown (CNA, Medical Floor); Shelly Salerno (Medical Assistant, Family Medicine-Lynn Blvd)

Front Row (L - R): Chloe Frump (CNA, Float-Hospital); Brenda Van Horn (Revenue Cycle Supervisor, Business Services); Jessie Henrichs (Cardiac Monitor Tech, CCU); Carly Janssen (Food & Nutrition Assistant, Dietary); Keeley Meyer (EMT-B, Pre-Hospital)

Back Row (L - R): Jason Walters (Security, Per Mar); Daniel Johnson (IT Support Tech, IT); Summer Smith (CNA, Float-Clinic); Katie Hayes (Medical Assistant, Family Medicine-Morrison); Traci Snodgrass (RN, Neurology)
CGH partners with the Mississippi Valley Regional Blood Center for our blood products for our patients. Blood drives are held here at CGH six times a year. We are now able to collect both whole blood or platelets at a drive.

We invite you to join us for our next blood drive on Thursday, August 1 from 9:30 a.m. to 7 p.m. in the CGH Ryberg Auditorium. All presenting donors will receive a voucher for a $10 gift card to Amazon.com, Casey’s General Store, Dairy Queen or Domino’s. Donors will now earn points as part of the IMPACT Loyalty Program for exclusive donor gifts through the Mississippi Valley Regional Blood Center as a thank you for helping people in our community.

All previously scheduled blood drives will remain the same, and all donations from previous drives will be honored. On the day of the drive bring a photo ID with you to the blood drive to get registered.

Appointments are appreciated, walk-ins are welcome. To make an appointment for the August drive please call Connie at ext. 5424 or Michelle ext. 6879.

The CGH Health Foundation Employee Committee will be hosting a meat sale during the month of July.

Available to order are breakfast bundles, frozen 80% ground beef 1 lb packages, steak varieties, BBQ pork chop boxes, brat sample boxes, and BBQ chicken breast boxes.

Stop by the CGH Main Clinic Atrium on Tuesday, July 23 from 7:30 to 9 a.m. to place your order. You may also order by contacting Amanda Blaine at ext. 5575 or via email at Amanda.Blaine@cghmc.com between now and July 25.

Orders need to be picked up on Friday, August 16 from 4 to 6 p.m. at The Butcher Shop, located at 3309 W. Rock Falls Rd. in Rock Falls.

Cash, Check, Payroll Deduct, Credit or Debit cards are accepted. Payment will need to be placed when ordering.

All proceeds will benefit the 2019 CGH Health Foundation Annual Appeal.
August Birthdays
1 Leanne Blase
1 Taylor Clark
1 Sunday Dugger
2 Vicki Biler
2 Taylor Colville
2 Amanda Fortune
2 Tracey Maxwell
2 Laurel Myers
3 Margaret Accardi
3 Yolanda Fowler
3 Tracy Herrera
3 Megan Shank
3 Joseph Sheridan
3 Shawn Zigler
4 Katrina Alexander
4 Ashleigh Chapman
4 Kari Gries
4 Kathy Mills
5 Myra Carrizales
5 Sheila Miller
5 Theresa Molina
5 Connie Spears
5 Sara Stage
5 Patricia Zigler
6 Beth Ackert
6 Christopher Fleming
6 Megan Hummel
6 Emily Jones
6 Monte Sunday
7 Leticia Barron
7 Christina Castellanos
7 Kala Karrow
7 Isaiah Venema
8 Breanna Barrett
8 Jessie Houzenga
8 Adrienne Page
8 Vanessa Simonton
10 Nicholas Barthel
10 Greg Gillette
10 April Miller
10 Jason Roberts
10 Destiny Schumaker
11 Heather Matznick
11 Sydney Redell
11 Dustin Siebel
11 Maria Miller
11 Steven Barkley
11 Gregory Gillette
11 April Miller
11 Jason Roberts
11 Destiny Schumaker
12 Katy Johnson
12 Angala Lohse
12 Kayla Murphy
12 Linda Roustita
13 Andrea Day
14 Magdalene Egert
13 Sydney Lebahn
13 Katrine Schlegel
14 Mir Asif Alkhan
14 Taylor Anderson
14 Mary Oswald
14 Benjamin Sauer
15 Melissa Armstrong
15 Stacey Cavanaugh
15 Mercedes Lopez
15 Laurie Munoz
15 Leeanne VanZuiden
16 Lidia Baldwin
16 Sara Geerlts
16 Aubree Johnson
16 Thomas Mcglone
16 Jeffrey Thormeyer
17 Carey Bruder
17 Molly Geuther
17 Thomas King
17 Robin Lane
18 Dorothy Morris
18 Vanessa O’Connell
18 Kimberly Przysucha
18 Amy White
18 Jacob Wierenga
18 Mary Williamsen
19 Megan Bright
19 Stephenie Lloyd
20 Misty Nichols
20 Traci Snodgrass
20 DeAnn Wagenknecht
20 Stephanie Waller
21 Stormi Andrew
21 Cynthia Britton
21 Kelly Diehl
21 Thomas Hartman
21 Amanda Larry
21 Shaneen Norman
22 Heather Matzwick
22 Sydney Redell
22 Dustin Siebel
22 Sarah Wilson
23 Thomas Beswick
23 Mariah Diffenbaugh
23 Donna Hines
23 Jennifer Jiminez
23 Kendra Kruse
23 Dugan Repass
24 Lindsey Fiorini
24 Tracey Aude
25 Erica Heaton
25 Laura Hernandez
25 Cindy Schott
26 Nellie Burke
26 Brooke Carroll
26 Sandra Hilton
26 Joshua Korosick
26 Jill Sosi
26 Jennifer Tompkins
27 Charles Arwine
27 Christopher Gullett
27 Paul Murphy
27 Daneen Sandrock
27 Sue Staker
27 Amy Bontz
28 Kelli Larson
28 Susanne Parker
28 Nichole Small
29 Jessica Spindlen
29 Vitoria Sokes
29 Jennifer Stultz
29 Geoffrey Wright
30 Ryan Bohms
30 Ted Dunphy
30 Robert Lehman
30 Lisa Lira
30 Paige Miller
30 Jason VanMeter
31 Paula Beveroth
31 Allison Hoodson
31 Kayla Mulnix
31 Joseph Schuele
31 Natasha Schwarz

CGH Auxiliary Gift Shop Sale

Summer BLOWOUT Sale!
30-70% OFF SPECIALLY MARKED ITEMS!

For our August Healthy Nurse Healthy Nation activity, we are looking for employees that would be interested in participating in an on-site Farmer’s Market on Tuesday’s in August.

If you are interested in contributing any produce from your garden, please contact Sherry DeWalt at ext. 5716 or via email at Sherry.DeWalt@cghmc.com.

HNHN Employee Farmer’s Market

Shoe Sale!
Save the Date!

Shoe Roads Productions
August 5 & 6 from 7 am - 4 pm
CGH Auxiliary Fundraiser
Ryberg Auditorium