



Communique

December 17, 2020

A CGH Medical Center Publication

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COVID-19 Vaccine Arrives at CGH Medical Center

Yesterday the COVID-19 vaccine arrived at CGH Medical Center! This is a light at the end of a VERY long tunnel for our healthcare workers and our community.

While not all the counties in Region 1 received allocations of vaccine, the vaccine is being utilized in our Region to reach healthcare workers and long term care residents that are most at risk as part of the Phase 1a vaccine distribution. The Northern Illinois Rockford Region 1 includes Boone, Carroll, DeKalb, Jo Daviess, Lee, Ogle, Stephenson, Whiteside, and Winnebago Counties.

Jason Reter, DO, Family Medicine (CGH Lynn Blvd Medical Center) and Pat Zigler, RN (Cardio) were the first CGH employees to receive the COVID-19 vaccine early this morning!



Dr. Jason Reter receives the vaccine from Cynthia Fargher, RN, DHC.



Debora Beveroth, RN, OB administers the vaccine to Pat Zigler, RN, Cardio.

We received an allotment that will vaccinate approximately 25% of our staff, or 400 of our 1600 employees. Over the next several weeks, as we receive additional shipments and 2nd dose (booster) shots, we'll be working hard to vaccinate all of our front line employees.

As soon as large quantities of the vaccine are produced, it will become available for more people, and we will be here for our communities to receive theirs as well. Right now, it looks like most adults will be able to receive the vaccine in the spring and summer of 2021. As we learn more about the vaccine timeline in the coming weeks (and months), we will make sure to communicate this to you. Please continue to watch your email, our Facebook page, and www.cghmc.com/covid19vaccine for up-to-date information as it becomes available.



Above Left: Diane Ebersole, RN, Shift Coordinator, reacts after receiving the vaccine.

Above Right: Serena Lahey, RN, Education & QI Coordinator, prepares a syringe of the vaccine.

Right: Matt Hammer, PharmD, Director of CGH Pharmacy (center), receives the vaccine shipment from Emily Davy Gonzalez, Infectious Disease RN, Whiteside County Health Department and Whiteside County Sheriff John Booker.

Sixth Grader Donates \$50 Cash Award to CGHHF

Jocelyn Pink, sixth grader at Challand Middle School, has donated her \$50 Wayne Gann Student of the Month award to the CGH Health Foundation.

She is the daughter of Chad and Kerensa Pink, director of CGH Dietary.



Jocelyn Pink

Jocelyn was selected by the Sterling Optimist Club based on an essay she wrote about giving back to the community. She requested the funds be used to help healthcare workers caring for COVID-19 patients.

Here is what she wrote:

Why is it so important to give back to our community? Why did you select the CGH Health Foundation?

Everyone has strengths and abilities. Once a person finds their strength or talent, it is important to use that talent to help others in our community. Not everyone has the same abilities and resources, so sharing what we have to make the world a better place is very important. When we give back to our community it doesn't have to be something big, it can be something small like planting a community garden, so people can have healthy food options. We don't help the community just so we can help ourselves. We help our community so life in the future can be a little better for everyone.

If I am the winner of the Wayne Gann Sterling Optimist Student of the Month Award, I choose the CGH Health Foundation as the charity I would like to give back to. The reason I chose this charity is because a lot of people are struggling in these times, especially the healthcare workers and they need all of the support they can get from their community right now. If this money can go toward helping a healthcare worker who takes care of patients with COVID-19, I would be proud to have played a small part in helping them and their family.

Her gift will be used to help purchase goodies for the snack bags the Foundation has been delivering to various departments over the past month.

Bright Lights for Bright Memories

The following names were inadvertently missing from our list in the December 3 Communique.

IN HONOR OF:

The Kobbeman twins - Hendrix & Taylor, Donation By: Pat Estes

Work on Your Weight & Health



Are you are ready to work on your health and your weight in 2021? Please consider signing up for the CGH Health Transformation Program (HTP).

The Health Transformation Program (HTP) teaches participants how to lower blood pressure, control blood sugar, improve cholesterol numbers, and lose pounds and inches in the process.

HTP is a one year commitment that includes classes every two weeks, individual counseling by a certified health coach, and quarterly lab work. Although there is a fee for the program, it is reimbursed for CGH employees if lab and class attendance requirements are met.

The cost is only \$150.00 per year (\$6.00 per pay) and CGH employees get their money back at the end of every quarter as long as you attend class and complete the labs.

For more information on enrollment, contact Sherry DeWalt at ext. 5716, or Bryan Frederick at ext. 1057.

Amboy Volleyball Cares



In honor of Breast Cancer Awareness month, the Amboy High School volleyball teams volunteered to rake and pick up sticks in area yards during the last few months for donations to the CGH Health Foundation. Together, the girls raised \$705 by doing this yard work!

Proceeds 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 Amanda at 815/625-0400, ext. 5575 or making a gift online at www.cghmc.com/foundation.

Together We Share ...Together We Care



"Together We Share...Together We Care" is a program started fourteen years ago by Kimberly Teats-Garrison, PA-C, CGH Fulton Medical Center. Her hope was to bring joy to local senior citizens at Christmastime.

"When I was a little girl, I used to visit my great-grandparents in their nursing home in Morrison," Kimberly said. "I noticed how many residents of the home were lonely and often had little to no visitors, even during the holidays. This really bothered me and gave me the desire to make a difference, thus I began 'Together We Share...Together We Care'. The goal of this program is to donate items to multiple nursing homes/assisted living communities (currently 6 homes) in the local area at Christmas. Each year I collect donated items, as well as monetary donations, that go towards the purchasing of items. 100% of the donations received go to the residents of these facilities. Thousands of items have been donated to date, but I strive to make the project even bigger each year!"

If you would like to donate, learn more about the program, or follow this year's deliveries to area homes, please visit their FB page at <https://www.facebook.com/TWSTWCKT>.

Vaccine FAQ's



We know many questions come to mind as we anxiously await information from IDPH, the CDC, and the FDA regarding COVID-19 vaccine availability for our staff and the community. For answers to some commonly asked questions about the vaccine, please visit www.cghmc.com/covid19vaccine. We will continue to update this information as often as possible to provide the most factual and current information.

DeLange Scholarship Deadline

Applications for the spring semester for the CGH Health Foundation James DeLange Textbook Scholarship are due Wednesday, January 13.



Grants are awarded three times yearly, up to \$300.

All full- and part-time CGHers are eligible as long as you have been here for at least a year.

The application is available on Lifeline under CGH Health Foundation Scholarships or by emailing Joan Hermes. Individuals can apply each semester, but can only receive funding once per year.

Call Joan at ext. 5672 for more information.

Staff Ornaments and Stockings Displayed in Art Gallery Hallway



Thank you all for your creativity in decorating ornaments and department stockings! There are still ornaments available in HR if you would like to participate.

DECEMBER 2020

Employee of the Month



Lori Cantu
Housekeeper I
EVS



I live in: Rock Falls
Joined CGH on: December 13, 2010
Education: Sterling High School
Family: Sister, Lydia; and niece, Carly
Proudest Achievement: Surviving a near death experience
Hobbies: Shopping and spending time with family

Lori is one of the most thoughtful employees at CGH. She always goes above and beyond her duties to ensure staff have what they need. Lori is very efficient and hardworking. She always asks what she can do for others. Even on tough days, she is always a joy to be around and helps make the day better. We can always count on her to lend a helping hand and have a smile. She will share a funny story, listen when we have a bad day, and does all of it with a smile. It is an absolute joy to work with Lori!

— Christy Seftles, Surgical

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

Purpose, Worthwhile Work, Making a Difference!

Operation Sunshine Shows Support for Unseen Heroes

What a special surprise for all of our frontline doctors and nurses! Thank you Operation Sunshine for brightening everyone's day with your amazing pictures and thank you notes! Your support is very much appreciated!

To the unseen heroes - doctors, nurses and support staff in our medical community,

Thank you for your sacrifice and commitment. Without you, we would be facing this pandemic on our own and knowing we have professionals such as you, willing to risk your own lives in order to save ours is beyond any gratitude I could share. You are our heroes and for that, I thank you. Stay safe and stay healthy.

We see you, we salute you, we honor your courage when it may not be the easiest. Thank you for showing up every shift and taking care of our sons, daughters, mothers, fathers, grandmothers, grandfathers. You're in a great position of power, and I stand behind you to ensure that you are physically and emotionally protected now and after this.

I would like to thank you all for your endless compassion and hard work. This is a scary time, and I am so thankful to work in a field that involves such selfless people. I know you are terrified and are seeing things that will never leave you the same, and I hope that you have the courage and strength to continue. Your efforts and treatment provided to your patients is nothing less than a superpower. I thank you for everything you have done and continue to do. I'm praying for you all and hope this is over soon.

We could not be more thankful of the work that you do every single day, fearlessly serving others without putting yourself first. You exemplify what a real life hero is, and we truly would not feel the comfort we do if it weren't for such skilled and caring individuals working on the front-lines right now. Hope this message gives you a lot to be proud of because "thank you" will never be enough for the history that you are part of today. While you save lives, may God take care of everything else. Thank you for all that you do every single day, and thank you for being YOU!

