



Communique

April 13, 2017

A CGH Medical Center Publication

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Heroes Reunite on Harry Connick Jr. Show



Pictured from L-R are Bill and Becky Amirault, Lisa Vos, Amy Smythe, Robbie Ladd, and Harry Connick Jr.

CGH Medical Center's Lisa Vos, RN (Birthing Center) was recently featured on Harry Connick Jr.'s television show, "HARRY", reuniting with the man whose life she saved by performing CPR with two other nurses at a half marathon in Florida. Below is Lisa's first-hand account of her emergency encounter.

My husband and I went to Key West for the Key West Half Marathon and 5K on

January 15. After I finished the 5K I went back on the course a short distance before the finish line to cheer others coming in. I saw a man sit down, then lay down and others and I noticed he was in distress. At first it looked like he was having a seizure but when checking his pulse it became apparent he needed CPR. I did mouth to mouth while Amy Smythe, a cardiac nurse, and Robbie Ladd, a CRNA, did compressions and maintained his airway. After a few minutes of CPR the EMT's arrived with an AED. He began to respond after the AED shocked him and the EMT's tended to him. I saw him talking to the EMT's as they loaded him in the ambulance but I had no way of checking on his condition after that.

After returning home, I posted pictures of our vacation on Facebook along with a PSA on CPR and how to use it. One of my friends shared a video that Bill (Amirault) had posted asking for help finding the people who did CPR on him since his doctors told him that the quick response saved him and preserved his brain function. I contacted him, as did Amy and Robbie. Meanwhile, the video had racked up over a million views and thousands of shares. Evidently, this caught the attention of the media and several news programs, newspapers and the show "HARRY."

Bill, age 44, now with his implanted defibrillator, is in good shape physically and sent us a picture of him out running this week. The Harry show flew us all to New York City for a reunion with Bill and his wife, Becky. We are using this experience as a way to encourage people to learn CPR and not be afraid to use it. In addition, the American Heart Association is going to do a story about it to further their cause. I thought it was remarkable how three people who didn't know each other and had very little communication, were able to become a team because we all had been trained in CPR. I could not have hoped for a better outcome!

To see the interview from "HARRY" use the following link: <https://youtu.be/bqa7BGfkkhE>

Happy
Easter!



Culture of Caring

One Mission. One Vision. One Team.



EMPATHY

(noun)

The ability to share someone else's feelings or experiences by imagining what it would be like to be in their situation.

Support Group Meeting



The Leukemia, Lymphoma and Myeloma Support Group met on Monday, April 10 at CGH Medical Center in the Ryberg Auditorium. The support group provides people and their loved ones with critical information about their disease, treatment options, and the latest in research. Toni Klatt-Ellis, APN from Takeda Oncology was the guest speaker and spoke on the topic of multiple myeloma. Patient Mark Schaefer and patient Wilmer Houck's daughter, Marilyn, shared their diagnosis stories.

The support group is a joint effort between the CGH Main Clinic Oncology department and Home of Hope Cancer Wellness Center.

Way to Go!



Miranda Lauritzen

Congratulations to **Miranda Lauritzen** (CGH Vision*Center) for passing her certification exam as a Certified Ophthalmic Assistant (COA) from the Joint Commission on Allied Health Personnel in Ophthalmology.

Congratulations!



Dr. Susan Provow is retiring after nearly 30 years in Family Medicine. A retirement open house was held in her honor on Wednesday, April 5 at the CGH Rock Falls Medical Center. Approximately 150 patients and staff attended and shared warm wishes.

Thank you for your service, Dr. Provow! You will be greatly missed!

DeLange Textbook Scholarship

Applications for the CGH Health Foundation James DeLange Textbook Scholarship for the SUMMER semester are due Friday, May 12.

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 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.



Foundation Upcoming Events



The CGH Health Foundation's annual Silent Auction, Bake Sale and Dessert Auction are fast approaching. 2017 is the Foundation's 30th Anniversary. We would love to celebrate by having every department participate in our events. If you would like to donate a basket or dessert item, please let Amanda Blaine (ext. 5575) or one of the co-chairs listed below know as soon as possible!

Silent Auction

Tuesday, May 9 from 7 a.m. to 3:30 p.m.

Co-Chairs: Mimi Hicks (Daycare) and Laurie Wetzell (Lab)

Bake Sale, Dessert Auction and Flower Sale

Friday, May 12 from 7 a.m. to 1 p.m.

Co-Chairs: Janice Repass (Main Clinic GI) and Taylor Ryan (Main Clinic Internal Med)

ExceleRate Illinois Silver Circle of Quality Designation



CGH Helping Hands Daycare staff pictured starting from the back row, L-R: Ashley Davis, Dawn Willman, Dana Carroll, Karen McNinch, Gretchen Geirnaeirt, Mimi Hicks, Jeannie Fisher, Julie Donovan, Christina Young and Heidi Brown.

CGH Helping Hands Daycare recently achieved the ExceleRate Illinois Silver Circle of Quality Designation Award which shows continuous quality commitment to children in Sterling, Rock Falls and the surrounding communities.

"Every early learning and development provider who participates in ExceleRate Illinois makes quality a priority," said Gail Nelson, QRIS Policy Director, Governor's Office of Early



Childhood Development. "The higher the designation, the higher the programs demonstrated quality and comprehensiveness in meeting children's early learning needs."

"We are proud to receive the Silver Circle of Quality," said Mimi Hicks, CGH Helping Hands Daycare. "Providing quality in early learning and development will help our children in Sterling be better prepared for success in school and in life."

ExceleRate Illinois helps families make more informed choices about their children's early learning. It establishes standards to help infants, toddlers and preschoolers develop intellectually, physically, socially and emotionally. Additionally, it provides a framework for early learning and development professionals to identify opportunities to enhance their knowledge and skills. ExceleRate Illinois is a comprehensive system that includes Licensed Child Care Centers, Licensed Family Child Care, Preschool for All and Center-Based Prevention Initiative Programs, Head Start and Early Head Start Programs.

One America Appointments

One America will be making an onsite visit to conduct individual appointments on Wednesday, April 19 in the Ryberg Auditorium from 7 a.m. to 5 p.m.

They will be here to help educate employees on the CGH Medical Center retirement plan, walk you through the enrollment process and online platform, and answer any sort of financial and retirement questions you may have. If you would like to set up an individual appointment, please e-mail Tracey McCaslin and let her know a couple time options that work best for your schedule.

April New Employees



Front Row (L - R): Christina Sheley (Ambassador, Dietary); Sarah Tribley (CNA, Float-Hospital); Amy Kutz (RN, Obstetrics); Meagan Haan (RN, Medical Floor)

Back Row (L - R): Joseph Sheridan (Linen Specialist, Linen Services); Tyler Hynes (EMT-B, Pre Hospital); Amanda Smither (Insurance Coordinator, Patient Accounts); Pamela Cox (RN, Critical Care Unit); Jackie Tichler (Receptionist, Orthopedics)



Front Row (L - R): Brandan Sanders (EMT-P, Pre Hospital); Emily Shearer (CNA, Surgical Floor); Selina Molina-Dominguez (Café Worker, Dietary); Daryn Quinn (Housekeeper I, EVS)

Back Row (L - R): Lauri Hassler (LPN, Float-Clinic); Kayla Mulnix (HUC/CNA, Observation Unit); Mariah Diffenbaugh (HUC/CNA, Medical Floor); Amy Dodge (State Aid Analyst, Patient Accounts); Mary Devine (RN, Cath Lab); Zack Vilmont (EMT-B, Pre Hospital); Payton Harris (Summer Worker, HIM)

F17 Annual Mandatory Education

All mandatory education/training is due April 30, 2017. In addition to the FY2017 mandatory education, all employees are required to maintain current CPR certification.

Computer Training Lab Open

April 14	12:30-2:00 p.m.
April 17	8:30-10:00 a.m.
April 19	2:00-3:30 p.m.
April 24	7:00-10:00 a.m.
April 28	7:00-10:00 a.m. 2:00-3:30 p.m.



APRIL 2017

Employee of the Month



Anita Schryver
Dietary, Clinic Coffee Shop



I live in: Rock Falls

Joined CGH on: December 12, 2011

Education: Blackhawk College, Health Information Management

Family: Great husband, Doug; children, Carl (36) (daughter-in-law, Marcela), James (33), Lindsay (33), Carlin (30); and granddaughter, Cora (7)

Proudest Achievement: Being a mother and all that it entails

Hobbies: Spending time with family and friends in the great outdoors

Anita should be recognized as Employee of the Month. She doesn't hesitate to ask and do more than expected. She jokes around with those that joke with her and also offers a warm smile to those that are quieter. The Main Clinic coffee shop area is kept neat and clean which can be a challenge when busy. She really shows genuine compassion and empathy for all of her customers.
~ Sandi Ryan, Main Clinic Business Services

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

Purpose, Worthwhile Work, Making a Difference!

Hospital Happenings

CEO Connect - Lunch with Dr. Steinke

Dr. Steinke would like to invite 10-15 people to lunch with him on **Tuesday, April 18** from **noon to 1 p.m.** in the 4th floor Boardroom, to share thoughts, discussions and ideas. Please RSVP to Beth at ext. 4443 or to Andrea at ext. 4435. Lunch in the cafeteria will be provided if you are on the RSVP list.

Town Meetings

It's that time of year again! Dr. Steinke and the Administration team will be holding Town Hall Meetings on **Monday, April 24** at **2 p.m.**, **Tuesday, April 25** at **noon**, **Friday, April 28** at **7:30 a.m.** and on **Monday, May 1** at **5:30 p.m.** in the Ryberg Auditorium. You can email questions to Dr. Steinke prior to the meetings; alternatively, there will be a basket at the doorway to the Ryberg that you can drop off questions at the start of the meeting or you can participate during in the meeting as well.

Blue Sky Education Scholarship

Deadline for the \$3,000 Blue Sky Healthcare Education Scholarship, sponsored by the CGH Health Foundation, is **Friday, April 28** at **5 p.m.** The grant was created in 2011 by a local family to benefit CGH Medical Center employees and their children. One scholarship is given out each year and it is renewable. Full- and part-time students may apply. The application can be found on Lifeline under CGH Health Foundation, Scholarship Forms. Email Joan Hermes or call her at ext. 5672 if you have any questions.



Good Friday Devotions

A brief time of prayer and devotions
(10-15 Minutes)



CGH Chapel
Friday, April 14
11:15 a.m. and Noon

Hosted by
Chaplain Ken Zuilhoff and
On-Call Chaplain Jeff Coester

CGH Volunteer Week April 17-21, 2017



Thank
You!

CGH Medical Center celebrates and thanks our community members and youth who demonstrate **exceptional leadership and spirit** through the **power of volunteerism.**