



# Communique

April 12, 2018

A CGH Medical Center Publication

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## Upcoming CGH Health Foundation Events

Here we go again! All in the name of giving a loving boost to children and adults in our Sauk Valley area. "Because You're Worth It" is our theme for the 2018 CGH Health Foundation Annual Appeal, which features a May 8 Bake Sale and Dessert Auction, as well as a May 11 Silent Auction.



### 2018 CGH HEALTH FOUNDATION ANNUAL APPEAL

"We are honored to once again partner with fellow employees in doing good for others. Each year we look forward to seeing the amazing creations of CGHers," said Mimi Hicks, Daycare, co-chair of the Silent Auction with Rod Miniel, Lab. "We are blown away by your generosity and caring. This year we will be taking photos of all the baskets

(we've heard you off-site folks) and they will be available on CGH HeartBeat. It will be easier for people to bid. Watch for more details on this."

"The Ryberg and classrooms will truly be a sight to behold at the annual Silent Auction," said Rod. "Add to the awesomeness by challenging your department to create a basket together. Consider doing a couple baskets for the good of our area communities! We would love to have 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!

### **Bake Sale & Dessert Auction: Tuesday, May 8 from 7 a.m. to 1 p.m.**

Co-Chairs: Janice Repass (Main Clinic – GI) and Kim Przysucha (Main Clinic – GI)

### **Silent Auction: Friday, May 11 from 7 a.m. to 4 p.m.**

Co-Chairs: Mimi Hicks (Daycare) and Rod Miniel (Lab)

### **New this year:**

- For every basket you donate, your name will go in a drawing for a special treat for your department!
- We will be putting pictures of all baskets on CGH Heartbeat for all off-site employees and others who can't make it down to be able to bid. Please send pictures and descriptions of your baskets to Amanda Blaine by Thursday, May 3.

## WANTED

**Baked Goods for the May 8  
Bake Sale & Dessert Auction and  
Baskets for the May 11 Silent Auction**

**Bake Sale & Dessert Auction:  
Janice Repass, ext. 3042 or Kim Przysucha, ext. 3630**

**Silent Auction:  
Mimi Hicks, ext. 5745 or Rod Miniel, ext. 6030**

## Pay It Forward



Congratulations to CGH Auxiliary Volunteer Shirley Schwarz who appeared on the Thursday, April 5 WQAD evening news on the Pay It Forward segment.

Shirley was nominated by a friend from the Senior Center for her 22 years of making dessert for the weekday Senior meals. Shirley has also been delivering newspapers to CGH patients for 20 years!

*Pictured above are Jesyka Dereta, WQAD Reporter; Shirley Schwarz, CGH Auxiliary Volunteer; and Glenda MacLennan, who nominated Shirley for the recognition.*



## Way to Go!

**Jeanette Keegan**, Respiratory Therapist, has successfully completed the Pulmonary Rehab Certificate Course. Successful completion of this course, including passing a 60 question post-course test, allows the participant to use "Certificate in Pulmonary Rehabilitation, AARC/AACVPR" in their signature line and on their resume/CV.



Jeanette Keegan

This program, developed jointly by the AARC and AACVPR, provides pulmonary rehabilitation specialists the knowledge necessary to be an effective member of the pulmonary rehabilitation team.

*Congratulations!*

## Chicago Cubs Raffle



**Get your Chicago Cubs raffle tickets now!** You could win a 4-pack of Cubs tickets to the Wednesday, June 20 home game against the Los Angeles Dodgers!

Raffle tickets are \$10 each, sponsored by the CGH Health Foundation.

To purchase tickets contact Amanda Blaine at ext. 5575. All proceeds will benefit the 2018 CGH Health Foundation Annual Appeal.

## Culture of Caring

*One Mission. One Vision. One Team.*



## LEADERSHIP

**CGH Employee Mandatory Education  
FY 2017-2018  
Completion Required  
by April 30**

## Softball Tournament



CGH will be HOSTING the Illinois Valley Hospital Association softball tournament this year. CGH has participated for the past several years, and currently holds the champion title – 2 years in a row! This year's softball tournament will be played here in Sterling at Westwood on Saturday, May 5 and will begin around 9 am.

**Please come out and cheer the CGH Team on!** Team members include Cara

Phalen, Co-Captain (GI); Logan Miller, Co-Captain (IT); Amy Marcinkiewicz (Pharmacy); Jessica Benyo (Diabetes & Nutrition Center); Taylor Ryan (Internal Medicine); Emily Shearer (Surgical); Bethany Shearer (Medical); Jennifer Jimenez (Lab); Trevan Burn (PT); Brett Royer (Surgical); Geoff Wright (PT); and Dugan Repass (PT). Tournament helpers are Rod Miniell (Lab) and Sara Williams (Clinic Patient Financial Services).

## Thank You

Thank you for the gift from the caring fund. We are very grateful for all the kind thoughts and condolences extended to us during the passing of my dad and grandpa.

*Lori, Doug, Sara & Ana Vandermyle  
(Employee Health)*

# THANK YOU CGH Volunteers!



**VOLUNTEER WEEK  
APRIL 16 - 20**

## April New Employees



**Front Row (L - R):** Donna Hines (CNA, Float-Hospital); Chloe Heal (Phlebotomist, Laboratory); Abigail McCormick (Food & Nutrition Assistant, Dietary); Jenn Kaiser (RN, CCU)

**Back Row (L - R):** Chris Gullett (Semi-Skilled Maintenance Engineer, POM); Melissa Meusel (CNA, Float-Hospital); Lena Castillo (HUC/CNA, Emergency Department); Victoria Simpson (RN, Surgical Floor), Amy Feldman (Receptionist, Oral Surgery)



**Front Row (L - R):** Secilia Gonzalez (Cardiac Monitor Tech, CCU); Maggie Godman (LPN, Float-Clinic); Jennifer Duncan (Phlebotomist/MLA, Laboratory); Jay Woodin (Business Objects Report Developer, Health Informatics)

**Back Row (L - R):** Lyndsay Hicks (CNA, Float-Hospital); Miranda Burke (Receptionist, Mt. Carroll); Maggie Kowal (Phlebotomist, Laboratory); Elizabeth Langan (Registration Clerk, Patient Access)



**Front Row (L - R):** Wendi Doyle (Registration Clerk, Patient Access); Tracie Russell (Registration Clerk, Patient Access); Shainah Briggs (CNA, Medical Floor); Lakin Meyers (CNA, Surgical Floor)

**Back Row (L - R):** Randy Behrens (Carpenter, POM); Sarah Deter (RN, Obstetrics); Jason Roberts (Plumber, POM); Landon Mouritsen (CRNA, Anesthesia)

## Masquerade™ Experience the Frenzy!

**\$5 Jewelry and Accessories SALE**

Thursday  
April 19<sup>th</sup>  
7 am - 6 pm

Friday  
April 20<sup>th</sup>  
7 am - 3 pm

**CGH Medical Center  
Ryberg Auditorium**

Proceeds to benefit CGH Auxiliary Projects  
Sponsored by CGH Auxiliary  
Cash, Credit/Debit Cards & Payroll Deductions

# APRIL 2018

## Employee of the Month



**Beth Howard**

Health Unit Coordinator, Medical



**I live in:** Rock Falls

**Joined CGH on:** November 16, 1987

**Education:** Rock Falls High School

**Family:** Husband, John; daughter, Mindy, and son-in-law, Joe; son, Matthew; grandchildren, Devin, Haley, Ariella, Katera, Vincent, Braedon, Ryken and Trevyn; dogs, Lexi and Milley

**Proudest Achievement:** My family and this award

**Hobbies:** Decorating, shopping and walking

Beth has made a great impact at CGH. She has a valuable effect on the success and well-being of others around her. She is exceptional in every way.

Beth is knowledgeable in all aspects in and out of her job description. She is very helpful to all the staff, visitors, and patients she encounters. She will be a great loss to the Medical floor when she retires. She always thrives to make a difference, and will leave an impression on us all.

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

*Purpose, Worthwhile Work, Making a Difference!*

### Yoga Class at CGH

Yoga class is being offered in the CGH Ryberg on **Monday, April 23**. Class begins at 5:15 p.m. The instructor is Carly Wike and the cost is \$5 per class. Class is open to CGH employees and their families and friends, and to HTP students from our workplace wellness partners. Class length is approximately 60 min.



### Blood Pressure and Blood Sugar Screenings

Screenings are held on the first Thursday of the month (**May 3**) from **8 to 9:30 a.m.** in the CGH Main Clinic lobby; second Thursdays (**May 10**), from **11:30 a.m. to 1 p.m.** in the CGH Medical Center lobby; third Thursdays (**April 19, May 17**), from **3 to 4:30 p.m.** at County Market in Sterling; and third Fridays (**April 20, May 18**) at Westwood Fitness & Sports Center in Sterling.



Hospital Happenings

## Growing Healthier Speaker Series

*Dialogue that Makes a Difference*

### Oh, My Aching Feet

### Wednesday, April 25 at 6 p.m.

*Presented by Eric Riley, DPM*

CGH Ryberg Auditorium, 100 E. LeFevre Road, Sterling, IL

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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Or visit us at:  
[www.cghmc.com/foundation](http://www.cghmc.com/foundation)



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Podiatric Medicine & S.