



# Communique

September 27, 2018

A CGH Medical Center Publication

## In This Issue:

- MOAB Instructor Class Comes to CGH
- Follow The Auxiliary on Instagram
- Schedule Your Mammogram
- HNHN September Winner
- 2018 Harvest Hammer and Quad Cities Marathon
- Schedule Your Mammogram
- Win a Massage
- Raffle Basket Winner
- Delicious Designs
- Fight Flu
- Hospital Happenings
- October Birthdays
- CGH Week

## MOAB Instructor Class Comes to CGH

Have you ever . . .

*Known someone who upsets others simply by their mere presence or body language?*

*Known someone who angers people by the way he or she speaks?*

*Been uncomfortable by someone's presence, attitude or agitation?*

*Been attacked verbally by someone who is yelling, swearing, and/or pointing fingers?*



Eleven CGH staff members completed the 3-day MOAB Instructor Class. Pictured above in the front from left to right are Lori Vandermeye, Nancy Lauritzen, Deja Coulter and Kevin Folk. Pictured in the back from left to right are Sean Landis, Dave Lahey, Chad Hartman, BillieAnn Baldwin, Mark Razo, Serena Lahey, Jill Queckborner, Amy Kutz, Lisa Gordon, Sara Snow and Conni Holder

If so, visualize possessing the skills to calm people, diffuse anxious or aggressive behavior, avoid violence and injuries, and/or create confidence and the ability to improve any situation.

CGH Medical Center recently had MOAB (Management of Aggressive Behavior) instructors provide training to employees on how to manage anxious, aggressive or disruptive behavior. The training helps increase confidence, reduce stress, reduce fear and provide options when dealing with threatening behavior.

Eleven CGH staff members completed the 3-Day MOAB Instructor Class instructed by two licensed MOAB International instructors. Staff members included **Deja Coulter** (CNA, Clinic Float), **BillieAnn Baldwin** (CNA, Sterile Processing), **Sarah Snow** (RN, Medical), **Serena Lahey** (RN, Float), **Kevin Folk** (RN, ED), **Dave Lahey** (POM), **Laura Vandermeye** (RN, Employee Health), **Sean Landis** (Materials Management), **Lisa Gordon** (RN, OB), **Amy Kutz** (RN, OB) and **Jill Queckborner** (MA, Gastroenterology).

In addition, four staff members were recertified as MOAB Instructor, including **Conni Holder** (EMS Educator), **Mark Razo** (HUC/CNA, ED), **Chad Hartman** (EMT, Pre Hospital) and **Nancy Lauritzen** (RN, Professional Development). Other current instructors are **Roberto Sierra-Sierra** (DID), **Connie Glen** (DID) and **Stephanie Robbins** (RN, CCU)

Thank you for your dedication to CGH and helping our staff deal with difficult situations.

THE AUXILIARY IS NOW ON  
*Instagram*



*follow us*

## Schedule Your Mammogram

**Be aware that most breast cancers do not produce symptoms. Early detection is the best protection! Sock it to cancer by scheduling your mammogram!**

Breast cancer is the second most common form of cancer in women. You can take control of your breast health by following a healthy lifestyle and by having regular clinical exams, mammograms, and self-exams.

Female employees that have their mammogram appointment during the month of October will receive a FREE pair of Live, Love, Hope cushioned ankle socks.

**Call (815) 625-0400, ext 5550 to make an appointment!**



## HNHN September Winner

**Dina Green** from Patient Accounts signed up for the Healthy Nurse Healthy Nation (HNHN) Grand Challenge and was the winner of a \$50 Amazon gift card.

The HNHN Grand Challenge seeks to improve the health of the nation's nurses with a series of monthly challenges related to safety, nutrition, sleep, physical activity, and stress reduction.

Anyone can participate! Just go to [www.hnhn.org](http://www.hnhn.org) and sign up. You can choose to be notified of challenges by email or by text.



Dina Green, winner of the \$50 Amazon gift card.

## 2018 Harvest Hammer and Quad Cities Marathon

Shout out to all CGHers that participated in the 2018 Harvest Hammer in Morrison on September 15 and the Quad City Marathon on September 23 in Moline.



HTP Group at Harvest Hammer



Left: **Angie Reitzel** (Quality Resources) and **Sean Ryan** (IT) took a picture when they passed each other at mile 5 of the Quad Cities Marathon last Sunday. Sean ran the full and Angie ran the Half.

## Win a Massage!

WILL YOU ACCEPT THE challenge?



HEALTHYNURSE | HEALTHYNATION™

Dealing with stress is the this month's theme for the Healthy Nurse Healthy Nation Grand Challenge. One way to relieve stress is by engaging in regular physical activity. Doing good for others is another way to take your mind off your own problems.

Combine the two by participating in a walk for a good cause and you will be entered in a drawing for a 60 minute massage. Just send Sherry DeWalt something to show that you completed the event. It can be your race bib, a picture of yourself at the event, a printout of your time, etc.

Here are a few upcoming events to consider:

- September 29 - Walk for Alzheimer's in Dixon
- October 5 - Friends of the Fair 5K in Milledgeville
- October 13 - Rotary International End Polio Now in Rock Falls

If you cannot do one of these Saturday events you may join Sherry DeWalt for a walk on Monday, October 1 at 5:00 p.m. at Kilgore Park.

**This challenge will end on October 15!**

## Raffle Basket Winner



Teresa Craft, winner of the CGH Health Foundation's Wahl Clipper Super Shave gift basket raffle.

Central Supply employee **Teresa Craft** was the winner of the Wahl Clipper Super Shave basket raffled off this week by the CGH Health Foundation. Thanks go to Wahl Clipper for donating the basket and for all the CGHers who bought tickets. The raffle raised \$380!! Also many thanks to the amazing turnout of fellow staff members who purchased Peace, Love, Pink and Because You're Worth It t-shirts.

**One more order is being placed with the deadline of 5 p.m. on Friday, Sept. 28.** The goal is \$10,000 from this event and all funds will go to Women's Health.

## Protect Your Family

Flu season is around the corner!

# FIGHT FLU

Protect yourself and your family this season with an annual flu vaccine for everyone in your family who is 6 months of age and older. While the timing of flu season is unpredictable, seasonal flu activity can begin as early as October and last as late as May. CDC recommends that people get vaccinated by the end of October, if possible.

So, get your flu vaccine today! It takes about two weeks after vaccination for antibodies to develop in the body that protect against influenza virus infection.

You have the power to protect your family against flu this season. Get yourself and your family a flu vaccine. Fight flu!

### Employee Flu Vaccines

- Mondays, October 8, 15, 22, 29  
6:30 a.m.-8:30 a.m. in Classroom 2
- Tuesdays, October 9, 16, 23, 30  
11:30 a.m.-1 p.m. in Employee Pharmacy
- Thursdays, October 11, 18, 25  
1:30 p.m.-3:30 p.m. via Mobile Cart

### Employee walk ins are also accepted at the CGH Main Clinic Flu Clinic in Internal Medicine.

- October 8-12, 8 a.m.-4 p.m.
- October 17, 8 a.m.-4 p.m.

**5TH ANNUAL**  
**Delicious Designs**  
ALL PROCEEDS BENEFIT HEART DISEASE AND CANCER PROJECTS FOR WOMEN

---

**Thursday, October 18**  
**Deer Valley Country Club • Doors open at 5 pm**

*Our ALL NEW Live and Silent Auctions*  
Featuring Chicago Bears tickets and memorabilia,  
Grand Ole Opry tickets, gourmet dinner & more!  
**PLUS:** Cork, Craft Beer & Spirits Pulls and Heavy Hors d'oeuvres

---

<b>For more information or to purchase tickets contact:</b>	Mary Jean Derreberry (815) 631-1457 mderre@cgghmc.com	Pat McLeod (815) 631-5345 mcleod.07@comcast.net	Marcy Lawrence (815) 716-0989 marcy@essent1.com
	Mary Spitzer (815) 441-2208 russell_spitzer_98@comcast.net	Joan Hermes (815) 625-0400 Ext. 5672 joan.hermes@cgghmc.com	Nancy Lauritzen (815) 441-1524 nancy.lauritzen@cgghmc.com

\$30 per ticket • Order online at [www.cgghmc.com/tickets](http://www.cgghmc.com/tickets)



*Because You're Worth It*

## Hospital Happenings

### Emergency Management Fair

Save the date for the upcoming Emergency Management Fair on **Friday, November 9.**

If you visit all the stations, you will be completing your Emergency Management mandatory education for the year. Watch for more information to follow.



### CGH Health Foundation Bake Sale

Mark your calendars for the CGH Health Foundation's fall bake sale on **Friday, October 26.** If you are able to donate goodies to this bake sale, please contact Barb Brady at ext. 3223, Lori Cavazos at ext. 3001 or Amanda Blaine at ext. 5575.

### Give Blood on October 4

Please consider giving blood at the **October 4** blood drive. The drive will be held in the Ryberg Auditorium from **9:30 a.m. to 7 p.m.** You can donate blood every 56 days. To make an appointment, call Connie at 815-625-0400, ext. 5425 or Michelle at 815-625-4790, ext. 6879.

Selmi's will provide a \$2 off of ½ bushel of apples to presenting donors and the Red Cross will automatically enter donors to win one of five \$500 gift cards redeemable at hundreds of merchants.

# October Birthdays

- |                      |                        |
|----------------------|------------------------|
| 1 Christine Jacobs   | 17 Julia Hammer        |
| 1 Ashley Revels      | 17 Kelcie Hohlen       |
| 1 Anna Reynolds      | 17 Melanie Mangan      |
| 2 Mellissa Anderson  | 17 Abigail McCormick   |
| 2 Kathryn Edson      | 17 Jenni Medema-Demay  |
| 2 Sabrina Stock      | 17 Courtney Mohr       |
| 3 Kylie Brauer       | 17 Cynthia Witherow    |
| 3 Erica Day          | 18 Tracy Murphy        |
| 3 Stacy Dillard      | 18 Margo Rahn          |
| 3 Jodie Gaffey       | 18 Xenia Ramos         |
| 3 Kristie Geil       | 18 Charity Wheat       |
| 3 Julie Johnson      | 19 Lyndsay Hodapp      |
| 3 Cherie Parker      | 19 Cari Janssen        |
| 3 Doris Saile        | 19 Debora Lewis        |
| 4 Magdalena Castillo | 19 Katie Pfundstein    |
| 4 Regina McCulloh    | 19 Shannon Phelan      |
| 4 Melissa Meusel     | 19 Allison VanDerLeest |
| 4 Jeanie Swanson     | 20 Aaron Drey          |
| 5 Deborah Devine     | 20 Kaitlyn Miller      |
| 5 Michele Harrison   | 20 Addison Morse       |
| 5 Ashley Heidenreich | 20 Raquel Romano       |
| 5 Danielle Scully    | 20 Aubree Schmitt      |
| 5 Vanessa Williamson | 21 Marjorie Burtlow    |
| 6 Sonia Johnson      | 21 Peggy Carney        |
| 6 Korissa Kipping    | 21 Chester Dela Cruz   |
| 6 Charles Mighell    | 21 Shirley Hernandez   |
| 6 Alaina Sanchez     | 21 Susan Jacobs        |
| 6 Laura Soleta       | 21 Samantha Linkowski  |
| 7 Kathryn Beck       | 21 Regina Superczynski |
| 7 Jennifer Bookman   | 22 Jacob Gardner       |
| 7 Ken Koerner        | 22 Amber Guinn         |
| 7 Jessica Lehrer     | 22 Whitney Smith       |
| 7 Young Song         | 22 Todd Whiles         |
| 7 Ashley Swanson     | 22 Angela Renkes       |
| 8 Chelsea Brown      | 23 Matthew Tichler     |
| 8 Barbara Duffy      | 24 Barbara Bruketta    |
| 8 Julie Jones        | 24 Katie Johns         |
| 8 Englantina Navarro | 24 Ashok Maini         |
| 8 Desiree Olalde     | 24 Margaret Ruckman    |
| 8 Nancy Tran         | 24 Angela Sullivan     |
| 8 Alex Vallejo       | 25 Barbara Brady       |
| 8 Andrea Vickers     | 25 Miriam Ferrel       |
| 10 Sherri Bellini    | 25 Connie Glenn        |
| 10 Lacey Dierks      | 25 Mary Harvey         |
| 10 Kaylan Dietz      | 25 Gehrig Koerner      |
| 10 Stevie Jamin      | 26 Lindsey Gray        |
| 10 Eric Kuhns        | 26 Meagan Haan         |
| 10 Stacey Munz       | 26 Mary Lally          |
| 10 Ryan Venema       | 26 Denise Zink         |
| 11 Abby Anderson     | 27 Laura Baker         |
| 11 Ireland Babbitt   | 27 Nicholas Conklen    |
| 11 Linsey Brown      | 27 Lynn Gallegos       |
| 11 Randal Davis      | 27 Jennifer Johnson    |
| 11 Karen Hosler      | 27 Michelle Nelsen     |
| 12 McKaley Boothe    | 27 David Wolf          |
| 12 Ellie Francis     | 28 Shauna Gipe         |
| 12 Bryan Frederick   | 28 Aimee Mouw          |
| 12 Laura Mckenna     | 28 Sandra Reed         |
| 13 Sean Bond         | 28 Trenton Sproul      |
| 13 Pamela Crawford   | 29 Marla Houseman      |
| 13 Rita Hart         | 29 Amy Kutz            |
| 13 Johnny Hearn      | 29 Jonaiya Olalde      |
| 13 Sara Rivera       | 29 Jennifer Robers     |
| 14 Cheryl Ackert     | 29 Tammy Tomman        |
| 14 John Foust        | 30 Kevin Anderson      |
| 14 Sherri Garcia     | 30 Lisa Armstrong      |
| 14 Chelsi Hey        | 30 Teresa Craft        |
| 14 Becky Romano      | 30 Ruben Gutierrez     |
| 15 Lori Reins        | 30 Vanessa Gutierrez   |
| 15 Sandra Ryan       | 31 Jaziel Chavira      |
| 15 Lisa Schantz      | 31 Therica Heeren      |
| 16 Gerald Davis      | 31 Lindsay Melendrez   |
| 16 Theresa Devine    | 31 Elliott Mertes      |
| 17 Pamela Carey      |                        |

# CGH EMPLOYEE APPRECIATION WEEK

SEPTEMBER 17TH - 21ST

