



Communique

October 25, 2018

A CGH Medical Center Publication

In This Issue:

- Emergency Management Fair
- Daycare Trick or Treating
- Thank You AHS Volleyball!
- Bake Sale - Tomorrow!
- United Way Agency Fair
- Employee Flu Vaccines
- RFHS Volley for the Cure
- IMRF & OneAmerica Visit
- Town Hall Meetings
- CGH Downtown Medical Center Welcomes Teresa Stout
- November Birthdays
- Hospital Happenings



EMERGENCY MANAGEMENT FAIR

FRIDAY, NOVEMBER 9TH • 7AM - 4PM
CLASSROOMS 1 & 2, RYBERG AUDITORIUM

The fair will have stations designed to showcase different aspects of CGH's Emergency Management Operations Plan and staff response in order to help CGH staffers understand their role in Emergency Management.

STATIONS:

- Airborne Precautions
- Security
- Evacuation Plan and Devices
- Communications
- Incident Command
- Minimum Care Patient Treatment Area
- Patient Tracking/Patient Flow
- Off-Sites

ATTENDANCE AND DOCUMENTATION OF ALL ACTIVITIES WILL COMPLETE CGH MC 2018-19 EMERGENCY MANAGEMENT MANDATORY TRAINING MODULE.



Daycare Trick or Treating



On Halloween, Wednesday October 31, the children from CGH Helping Hands Daycare will be Trick or Treating on the CGH campus.

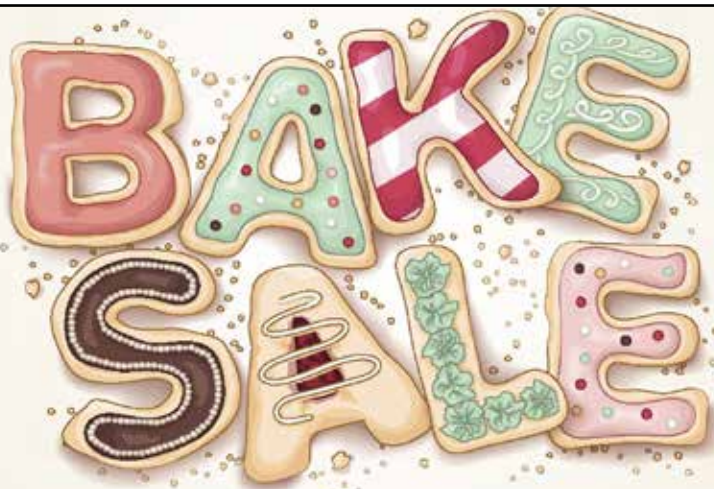
They will be starting at 9 a.m. at Patient Accounts. After they are done there, they will parade through the back entrance of the clinic by the mailroom and continue through the clinic hallway all the way through the Hospital by Human Resources. The children will exit through the ED before heading back to the Daycare.

There will be approximately 20 infants (ages 6 weeks-15 months), 10 toddlers (ages 5 months-24 month), and 28 preschoolers (ages 2-5 years).

Approximate schedule:

- 9-9:10 a.m. - at Patient Accounts
- 9:15 a.m. - start at back entrance of Main Clinic by mailroom
- 9:20 a.m. - Clinic Lab
- 9:30 a.m. - Human Resources
- 9:37 a.m. - ED

If you are able to stop out in the hallway for a few minutes and check out all our friends in their cute costumes, they would love it!



CGH Health Foundation
FRIDAY, OCTOBER 26

7 am - 1pm
CGH Ryberg Auditorium

Help support the
CGH Health Foundation
Women's Health fund

Thank You AHS Volleyball!



Pictured above are AHS Volleyball team members and Amanda Blaine of the CGH Health Foundation.

The Amboy High School Volleyball teams were decked out in pink in October in honor of breast cancer awareness.

The girls hosted a Pink Night on October 9 during their game against Milledgeville. The team raised \$1600 during the night by hosting a shirt sale, bake sale, silent auction, 50/50 raffle, and by taking donations for face painting. The team contributed the proceeds to the CGH Health Foundation Women's Health Program.

Women living in the Sauk Valley, who are in need of health services, will be able to receive a mammogram, breast exam, Pap test and other diagnostic tests because of their generosity. Proceeds also go to provide CGH Medical Center cancer patients with comfort bags. These totes contain gas and meal gift cards along with other items which can assist in their journey.

United Way Agency Fair

Thank you to everyone who attended the United Way Agency Fair on October 17 in the CGH Ryberg Auditorium.

United Way



Employees visited with 13 local United Way agencies and learned about how the United Way helps our community. Breakfast and lunch were also served. Attendees also played a bag toss game for a chance to win prizes.

Nancy Lauritzen (Staff Development) was selected as the winner of the \$100 Visa gift card and **Meaghan Rivera** (Main Clinic Rheumatology) won an Eddie Bauer CGH jacket.

The United Way greatly appreciates the donations and support of our CGH employees and physicians.

Employee Flu Vaccines

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.

FIGHT FLU

Employee Flu Vaccines

- Monday, October 29
6:30 a.m.-8:30 a.m. in Classroom 2
- Tuesday, October 30
11:30 a.m.-1 p.m. in Employee Pharmacy
- Thursdays, November 1, 8, 15, 29
11:30 a.m.-1:00 p.m. in Employee Pharmacy

IMRF & OneAmerica Visit

IMRF and One America will be at CGH Medical Center on the following dates and times:



IMRF

- November 6 from 10 a.m. to 1 p.m. in Classroom 1
- No appointments are required. Jon Renner will be available on a walk-in basis only.

One America

- November 14 from 7:00 a.m. to 3 p.m. in the Ryberg
- Please let Tracey McCaslin know if you would like an individual appointment. Walk-ins are also welcome.

Please keep in mind that elections/changes to retirement benefits can be made at any time throughout the year.

RFHS Volley for the Cure



Thank you to the Diagnostic Imaging Departments' Erika Adams and Joleen Cortez for attending Volley for the Cure at Rock Falls High School, where they educated women and showed support to breast cancer survivors.

TOWN HALL MEETINGS

IN THE RYBERG AUDITORIUM

Monday, October 29 at noon

Monday, November 5 at 2 p.m.



CGH Downtown Medical Center Welcomes

Teresa Stout

APRN, FNP-BC, CDE (*Family Medicine*)

We are pleased to announce that Teresa Stout, APRN, FNP-BC, CDE has joined Dr. Angel Blazquez as a family nurse practitioner. Teresa has been with CGH Medical Center since 2006, most recently as a diabetes educator in the CGH Diabetes and Nutrition Center.

Teresa received her master's degree in nursing from Northern Illinois University in DeKalb and her bachelor's degree in nursing from Chamberlain College of Nursing in Addison. She is certified in basic life support, is a certified diabetes educator, and is a member of the American Association of Diabetes Educators.



15 W. 3rd St., Sterling, IL
(815) 625-0226
www.cghmc.com

November Birthdays

- | | |
|-----------------------|-------------------------|
| 1 Jasmine Corral | 15 Katrina Ruchotzke |
| 1 Magdalene Kowal | 15 Carson Sterling |
| 1 Megan McCullough | 15 Kathy Thomas |
| 1 Carlos Munoz | 15 Michelle Valdez |
| 1 Kalpesh Patel | 15 Debra VanZuiden |
| 1 Tabithia Whitebread | 16 Ajay-Kumar Buddaraju |
| 2 Lisa Cooksey | 16 Sandra Huizenga |
| 2 Michelle Daehler | 16 Amanda Kusk |
| 2 Daniel Hose | 16 Diane Ramirez |
| 2 Jessica Kearse | 16 Melissa Sandoval |
| 2 Ashley Nares | 16 Melvin Stokes |
| 2 Kathleen Wescott | 16 Luanne Trujillo |
| 3 Tracey Coppotelli | 17 Marcy Romero |
| 3 Kimberly Davis | 17 Talia Rosas |
| 3 Tanya Ebersole | 18 Warren Cannell |
| 3 Lori Green | 18 Lora Clapper |
| 3 Crystal Koster | 18 Dawn Edwards |
| 3 Olivia Sandoval | 18 Jennifer Eide |
| 4 Danielle Hadaway | 18 Kayla Jackley |
| 4 Susan McGinn | 18 Samantha Sneek |
| 4 Emily Mills | 18 Christeen Thayer |
| 4 Cynthia Weisel | 19 Kelli Kinnaman |
| 4 Karen Zigler | 19 Diana McKinley |
| 5 Sarah Berry | 19 Sheryl O'Brien |
| 5 Jerald Cundiff | 19 Brittany Temiquel |
| 5 Rose Sondgeroth | 20 David Almasy |
| 6 Amanda Broadus | 20 Stephanie Friedrich |
| 6 Emily Fisher | 20 Jason Johnson |
| 7 Rebecca Crump | 20 Sean Landis |
| 7 Dorinda Dyche | 20 Lindsay Rodriguez |
| 7 Kristi McBride | 20 Naomi Rodriguez |
| 7 Lisa Vos | 21 Terry Eaglin |
| 8 Shane Brown | 21 Jane Kenseth |
| 8 Penny Carl | 21 Glenda Rickelman |
| 8 Angela Davis | 22 Susan Boelkins |
| 8 Kevin Folk | 22 Cecilia Gonzalez |
| 8 Kimberly Hammer | 22 Katelyn Setters |
| 8 Stephanie Richards | 22 Kimberly Velazquez |
| 8 Rachel Rimington | 23 Trinity Cavazos |
| 8 Patricia Skutt | 23 Lisa Everly |
| 8 Janel Yordy | 23 Zuiden Van |
| 9 Ashlee Griffin | 24 Kathy Bonnell |
| 9 Stephanie Stanley | 24 Angela Dennis |
| 10 Sheila Henard | 24 Tara Long |
| 10 Karen Kaiser | 25 William Bird |
| 10 Patricia Renkes | 25 Brandy Haggard |
| 11 Chico Alejo | 25 Henry Oh |
| 11 Penny Hammer | 25 Allison Yemm |
| 11 Daniel Hart | 26 Brandi Barron |
| 11 Cassie Wiersema | 26 Sharon Schuldt |
| 12 Lori Cantu | 27 Cameron Bierman |
| 12 Jill Lawrence | 27 Traci Goebig |
| 12 Teri McCormick | 27 Cayla Wolbert |
| 12 Megan Meiners | 28 Ben Schaab |
| 13 Jennifer Garriott | 28 Shanda Shook |
| 13 Zachary Haggard | 29 John Cousins |
| 13 Quanene Kendrick | 29 Michaela Delgado |
| 13 Joseph Klimson | 29 Darcy Himes |
| 13 Sasha Lumzy | 29 Bailey Postlewaite |
| 13 Brandon McCloud | 29 Mary Schreiner |
| 13 Kerri Norberg | 29 Kathy Ybarra |
| 13 Ixchelle Rivera | 30 Annalise Ankney |
| 14 Breanna Brashaw | 30 Jamie Cook |
| 14 Jessica Hartzell | 30 Penny Kester |
| 14 Kelly Johnson | 30 Jim Sampson |
| 14 Mark Razo | 30 Lindsay Wohrley |
| 15 Vicky Jones | |

Hospital Happenings



Blood Pressure and Blood Sugar Screenings
Screenings are held on the first Thursday of the month (**November 1**) from **8 to 9:30 a.m.** in the CGH Main Clinic lobby; second Thursdays (**November 8**), from **11:30 a.m. to 1 p.m.** in the CGH Medical Center lobby; third Thursdays (**November 15**), from **3 to 4:30 p.m.** at County Market in Sterling; and third Fridays (**November 16**) at Westwood Fitness & Sports Center.

Ovarian Cancer

Join us on **Tuesday, November 13 at 6 p.m.** for our Growing Healthier Speaker Series, featuring **Meredith Johnson**, CGH OB/GYN Nurse Practitioner at **6 p.m.** in the CGH Ryberg. Ovarian cancer is typically not diagnosed until it has reached an advanced stage. Learn about risk factors and warning signs. Registration is appreciated but not required. For more information, call ext. 5716, or visit www.cghmc.com/growinghealthier.



Meredith Johnson
APN, WHNP-BC

Healthy and Bright Holiday Lighting

Save the date for our ceremonial lighting event on **Tuesday, November 13 at 5 p.m.** in the CGH Main Clinic lobby.

CGH MEDICAL CENTER AUXILIARY FUNDRAISER!

Masquerade™

Experience the Frenzy!

\$5 Jewelry and Accessories SALE

Thursday November 1st 7am - 6pm | **Friday November 2nd 7am - 3pm**

CGH Medical Center
Ryberg Auditorium

SAVE THE DATE!

JOIN US!