



# Communique

February 14, 2019

A CGH Medical Center Publication

## In This Issue:

- Daisy Award
- Surgical Floor Open House - 2/20
- HNHN January Winner
- Heartbeats Dance Party
- Rock Falls Grand Opening
- Reader's Choice Award
- Dixon Rehab Services
- February New Employees
- February Employee of the Month
- Hospital Happenings

## CGH Recognizes DAISY Award Winner Melissa Cassens, RN

On Friday, January 25, Melissa Cassens, a registered nurse in the CGH Birthing Center, was recognized in front of a large group of friends, family and co-workers, as a recipient of the prestigious DAISY Award for extraordinary nurses. An international program, the award is presented to nurses around the world who go above and beyond for their patients and demonstrate extraordinary compassionate care.

"Despite this being my second pregnancy and child, Melissa treated it as though it was my first," said the patient's nomination for Cassens. "She made sure to complete thorough education with myself and my significant other...and provided a comfortable setting to ask questions without feeling as if I should have known the answers since this was my second child. She helped provide one-on-one care for breastfeeding and shared tips that she had from being a mother herself."

"At one point during her shift," the patient continued, "she knew they were going to get busy with admissions for laboring mothers, so Melissa took the time to come in and check on me and introduce me to the CNA who would listen for my call light...I knew the department was busy, but you would not have known it, as Melissa always had a smile on her face and was very caring...Melissa is compassionate about her job and the care she provides, and it shows with her actions to her patients and their family."

The DAISY Award - an acronym for "Diseases Attacking the Immune System" - was established by the DAISY Foundation in California in memory of J. Patrick Barnes, who died at age 33 of an autoimmune disease. During his hospitalization, they deeply appreciated the care and compassion shown to Patrick and his entire family. When he died, they felt compelled to say "thank you" to nurses in a very public way. The DAISY Award continues to recognize and celebrate the outstanding professionalism and compassion that nurses bring to patients and their families every day.

Other nominees for the quarter included: Ryan DeBrock, RN, DHC; Andrea Ferguson, RN, Main Clinic Orthopaedics; Esther Whites, LPN, Lynn Blvd, Family Practice; Cassie Sawyers, RN, Main Clinic, Rheumatology; Whitney Phillips, RN, Main Clinic, Internal Med; Marisa Rodriguez, RN, Obs Unit; Crystal Koster, RN, ASU; Erica Adams, RN, DID; Sandy Meyer, RN, Obs Unit; Brenda Pettorini, RN, IVT; Angie Tschosik, RN, CCU; Kaley Stangeland, RN, Downtown Clinic; Tonya Clayton, RN, Main Clinic, Coumadin Clinic; Ashley Scanlan, RN, Diabetic Educator; Heather Trotter, RN, CCU; Denise Zink, LPN, Main Clinic, Family Practice and Michelle Nelsen, RN, Main Clinic, Cardiology.

DAISY nomination forms/brochures can be found in the waiting rooms of all CGH facilities where patients are seen or at [www.cghmc.com/daisy](http://www.cghmc.com/daisy). If your department runs low on brochures, please contact Stephanie Waller by email or at ext. 4457.

*Pictured at the right in the 4th row: Ken Zuithoff, Chaplain and Kerri Smith, Housekeeper*  
*3rd row: Cindy Zander, VP Support Services; Betty Geoff, RN; Kim King, RN; Teresa Parvin, HUC-CNA; Mary Jean Derreberry, Director of Home Nursing and Patient Experience; and Jennifer Behrens, RN, Assistant Manager Obstetrics*  
*Row 2: Amy Kutz, RN; Melissa Cassens, RN, award winner; Vanessa Simonton, RN; and Kathy Milby, Director of Maternal Child Services*  
*Row 1: Stephanie Waller, RN, DAISY Coordinator; Laurie Buckman, CNM, APRN; and Kristie Geil, VP Chief Nursing Officer*



## Surgical Floor Open House - 2/20

CGH Medical Center is proud to announce that renovations have been completed on the 2 East Surgical Floor located within the hospital. A public and staff open house to celebrate its completion will be held on **Wednesday, February 20** from **3 to 6 p.m.**

"We began this renovation project in September 2017 to improve our level of care and provide greater comfort to our patients," said Plant Operations Manager, Bob Lehman. "A majority of the construction was completed by our in-house maintenance staff, and we are very proud of the enhanced space and the benefits it will provide for years to come."

The 15,430 square foot renovation features the addition of one bariatric patient room, an isolation/negative pressure room, and two safe rooms, as well as the following improvements to all 20 rooms: paint, vinyl flooring, LED lighting, a new air handling unit, a new heating system, and new variable air volume boxes that will provide each patient a higher level of temperature control in his/her individual room. In addition, all patient bathrooms and shower areas in each room were increased in size and include upgrades of the lighting, ceramic tile, and plumbing fixtures.

"We strive to make each visit the best possible visit for our patients and their loved ones, so we continued to place a strong emphasis on patient-focused care during this project," said Julie Morse, Surgical Floor Director. "The renovations not only promote nurse safety and efficiency, but also improve the safety, comfort and healing environment for our patients."



Patient Room



Patient Bathroom



Nurses Station

## HNHN January Winner

*The theme of the January Health Nurse Healthy Nation challenge was "Pump up the Produce."*

Participants were instructed to snap a selfie of yourself eating a salad. **Debbie Beveroth** (CGH Birthing Center) was the winner of a \$50 gift certificate for the Twin City Farmer's Market for her submission.



Debbie Beveroth

"Salad is a daily staple for me so sending a picture of me eating one wasn't a hardship," remarked Debbie. "I have also lost 5 lbs so I have been really excited about the whole program so far. Lowering my calories and keeping a journal has really helped."

Healthy Nurse Healthy Nation is an initiative to connect and engage nurses, employers, and organizations around improving health in five areas: physical activity, nutrition, rest, quality of life and safety. You don't have to be a nurse to join! Please visit the following link to learn more <http://www.healthynursehealthynation.org/>.

# HEARTBEATS DANCE PARTY

HEALTHY HEART EVENT FOR WOMEN OF ALL AGES SPONSORED BY THE CGH HEALTH FOUNDATION

**MONDAY, FEBRUARY 18 • 9:00 - 10:30 A.M.**  
YWCA OF THE SAUK VALLEY, 412 FIRST AVE, STERLING  
SUGGESTED DONATION: \$10.00

9:00 A.M. - DOORS OPEN  
9:00 - 9:30 A.M. - EDUCATION & BP SCREENING  
9:30 A.M. - JAZZERCISE LED BY KELLI HAHN  
10:00 A.M. - DOOR PRIZE DRAWINGS & FOOD  
(INCLUDING \$50 UOI GIFT CERTIFICATE)

SPACE LIMITED, REGISTRATION ENCOURAGED.  
REGISTER ONLINE AT: [WWW.CGHEMC.COM/CALENDAR/EVENTS/HEART-BEATS](http://WWW.CGHEMC.COM/CALENDAR/EVENTS/HEART-BEATS) OR CALL (815) 625-0400 EXT. 5716

CO-SPONSORS:

**CGH Health Foundation**  
Your partner in good health



## Rock Falls Grand Opening



Thank you to everyone who attended our Ribbon Cutting and the Grand Opening of the new CGH Rock Falls Medical Center on February 4. Over 225 members of the community came out to celebrate the opening. Dr. Peter Toth and Nurse Practitioners Donna Cook and Jennifer Garriott began seeing patients at the new facility on January 28. Call 815-632-5366 for an appointment!

## Dixon Rehab Services

CGH is proud to introduce Nolan Wolfe, a licensed physical therapist, who will be offering rehab services at our new Dixon office at 1319 N. Galena Ave.

Nolan graduated from Northern Illinois University in DeKalb in May 2017. Prior to achieving his Doctorate of Physical Therapy, Nolan earned an undergraduate degree in Health Sciences with an emphasis in Pre-Physical Therapy and a minor in Nutrition and Dietetics.

CGH Dixon Rehab Services offers 1 on 1 sessions, 40-60 minute appointments and individualized treatment programs for the following:

- Pre and Post-Operative PT
- Non Surgical Diagnosis
  - Low Back and Neck Pain
  - Shoulder and Elbow Pain
  - Hip, Knee and Ankle Pain
- Orthopedic Conditions
- Sports Injuries
- Chronic Pain
- Vestibular and Concussions
- Fall Prevention



Nolan Wolfe, PT, DPT

**Call (815) 284-1600  
to make an  
appointment today!**

**Watch for more details  
on our open house on  
March 13  
from 3 to 6 p.m.!**

## Reader's Choice Award



**Congratulations to CGH Helping Hands Daycare for receiving Honorable Mention for "Favorite Children's Daycare" in Sauk Valley Media's 2019 Reader's Choice Awards!**

## February New Employees



**Front Row (L - R):** Bekim Tefiku (Pharmacy Technician, Pharmacy); Mackenzie Wolfley (Teacher, Day Care); Sydney Redell (CNA, Medical Floor)

**Back Row (L - R):** Neil De Oca (CNA, Medical Floor); Sue Hageman (Nurse Navigator, Oncology); Dana Conkrite (Training & Development Coordinator, Staff Development); Britani Velez (EKG Technician, Cardio Lab)



**Front Row (L - R):** Noelle Filippi (Phlebotomist, Laboratory); Julia Cook (HUC/CNA, Pediatrics); Carly Ebersole (RN, Medical Floor)

**Back Row (L - R):** Sarah Stuepfert (EMT-P, Pre Hospital); Venus Schilpp (Housekeeper I, EVS); Christopher Torres (Security, Per Mar); Brandon Guinn (Food & Nutrition Assistant, Dietary)

# FEBRUARY 2019

## Employee of the Month



**Paula Devers**  
RN, Emergency Department



**I live in:** Rock Falls

**Joined CGH on:** February 14, 2012

**Education:** Sterling High School, Sauk Valley Community College

**Family:** Husband, Mike; daughter, Amber (husband, Justin and granddaughter, Addie); son, Doug (fiancée, Jessica); and my three dogs (Moonshine, Brandy and Sam)

**Proudest Achievement:** My family, this award and graduating nursing school

**Hobbies:** Making wood crafts, scrapbooking, and spending time with my family - especially with my granddaughter

Paula is such a hard worker and is always willing to help out when needed. She can always lift your spirits with her contagious positive attitude. She does very well in difficult situations and is a great asset to our team.

We hope she knows she is loved by her co-workers, providers and patients!

~ ED B-Shift

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

*Purpose, Worthwhile Work, Making a Difference!*

### Hospital Happenings

#### Blood Pressure and Blood Sugar Screenings

Screenings are held on the first Thursday of the month (**March 7**) from **8 to 9:30 a.m.** in the CGH Main Clinic lobby; second Thursdays (**March 14**), from **11:30 a.m. to 1 p.m.** in the CGH Medical Center lobby; third Thursdays (**February 21, March 21**), from **3 to 4:30 p.m.** at County Market in Sterling; and third Fridays (**February 22, March 22**) at Westwood Fitness & Sports Center from **8 to 9:30 a.m.**



#### Plant Based Lunch Group

Are you interested in eating a more plant based diet? Join our "Lunch Pod". This plant based luncheon will be held on the **4th Friday** of every month at **11:30 a.m.** in the Ryberg. The next luncheon is scheduled for **Friday, February 22**. Lunch prepared by CGH dietary staff at a cost \$5.00 per person. Also included will be a short educational video about plant based lifestyles. RSVP's required. Please respond by **February 15** to Sherry DeWalt.



#### One America

One America will be making an onsite visit to conduct individual appointments on **Thursday, February 21** in the Ryberg Auditorium from **8:30 a.m. to 3:30 p.m.** If you would

like to set up an individual appointment please e-mail Tracey McCaslin and let her know a couple of time options that work best for your schedule.

They are here to help educate employees on the CGH Medical Center retirement plan, walk you through the enrollment process and online platform, and answer any financial and retirement questions you may have.

#### Geneva Linens Sale

Save the Date! The Auxiliary sponsored Geneva Linens sale will be on **Thursday, March 7** and **Friday, March 8**.

**LINEN SALE**  
Thursday March 7th  
7 am - 5 pm

Friday March 8th  
7 am - 3 pm

located in the  
**Ryberg Auditorium**  
sponsored by CGH Auxiliary

Geneva Linens  
Payroll Deduct, Cash, Credit & Checks Accepted