



# Communique

March 28, 2019

A CGH Medical Center Publication

## In This Issue:

- CGH Health Foundation Annual Appeal Reception
- Scholarship Deadlines
- Leukemia, Lymphoma, and Multiple Myeloma Networking Group
- Town Hall Meetings
- CGH Downtown Open House
- New Lab Benefits for CGH Health Plan Participants
- Doctor's Day
- April Birthdays
- Blood Drive
- Auxiliary Masquerade Sale

## CGH Health Foundation Annual Appeal Reception

More than 50 Tree of Life donors were recognized during the March 14 CGH Health Foundation Annual Appeal reception. Youth groups from throughout the Sauk Valley were also recognized for stepping up as the new philanthropists of tomorrow.

Foundation Chair Amy Downs expressed gratitude to the more than 100 contributors and friends present. "What a legacy we are continuing to build because of all of you," she said. "Our Tree of Life grove represents thousands of lives impacted. Your continued support is celebrated year in and year out. We are honored to be your chosen charity, grateful for the passion you show toward the wonderful projects you make happen."



Paul Cunniff, Scott Wolber and Dr. Steinke



Scott Wolber, Pat Zigler and Dr. Steinke

Gift levels highlighted during the ceremony included 1 Stone, (\$25,000 or more); 6 Pine Cones (\$10,000 to \$24,999) and 45 Leaves (\$1,000 to \$9,999). Individuals, businesses and groups were honored.

Foundation Campaign General Chair Scott Wolber announced over \$361,000 had been raised toward the \$380,000 goal, with more gifts expected. He thanked the many volunteers who were vital to the success of the annual fund drive. Special mention was made of the late Pam Topper, who served as Business Division Chair during the campaign, until her unexpected death last August.

"It was an honor to serve with Pam," said Mr. Wolber. "She was such an ardent supporter of one of our newer projects – to raise awareness about women and heart disease. She shared her own story of dealing with heart disease during the campaign. We mourn her passing and extend our heartfelt thanks to her family for her efforts in behalf of the Foundation."

A combined total of \$10,666 was raised for the Foundation by the following youth groups: Amboy High School basketball and volleyball teams, Erie-Prophetstown volleyball and football teams, and St. Andrew's School. Foundation Executive Director Joan Hermes praised the students for working to benefit their communities by focusing on the needs of others. During the last 31 years, over \$10 million has been donated and invested right back into the community. Under-served children and adults have received free to low cost healthcare services. Wellness education centering on heart disease, stroke, cancer, diabetes and obesity has been a major focus. Scholarships have been awarded to several hundred college-bound students and capital items have been funded.

Tree of Life honorees included: Stone, Angelo's Pizzerias; Pine Cone, Erie-Prophetstown Volleyball Team, Geraldine Leftwich Memorial, Bruce and Mary Jane Munsell, Don and Maxine Olson, Prophetstown Lions Club, and Jim and Maggie Wike.

Donors receiving a Leaf included: Amboy High School Volleyball Team, Missi Armstrong, Jennifer Behrens, Pam and Bill Bittorf, Lori Cantu, Donna Cook, Cornerstone Credit Union, Dr. Jerald and Sheila Cundiff, Paul Cunniff, Judy Dennis, Theresa Devine, Ben and Emily Durham, Pat Flynn Memorial, Betty Harms, Dr. Rita and John Hart, Daryl and Barb Hook, Nick and Jennifer Lareau, Bill Lilly Memorial, Breck and Sheri Loos, Barb Loy Memorial, Dr. Steven and Deirdre Mackay, Nancy Lou Matthews Memorial, MCR Technologies Group, Estella Metcalfe, Nanette Metzler, Sandra and Marvin Miller, Nichole Mitchem, Tom and Sue Nestor, Jim and Carol Nieman, Jack Oberle, Olson Insurance & Financial Services, Kevin Rogers, Joe and Pat Rosengren, Rotary Club of Walnut, Jennifer and Steven Sheaffer, St. Andrew's School, Dr. Marc and Lori Stees, Sterling Fire Fighters, Rick and Pam Topper, Beth Vandersnick, VISA, Dr. Heather Wakefield, Stephanie Waller, Richard Weigle, and Pat Zigler.

## Scholarship Deadlines

**Scholarship application deadlines are quickly approaching for the CGH Auxiliary and CGH Health Foundation grants.**

It's easy to apply by going to [cghmc.com/scholarships](http://cghmc.com/scholarships) or Lifeline. There is one application for the Foundation, with a **deadline of Friday, April 5** and a separate one for the Auxiliary, with a **deadline of Monday, April 1**.



### CGH Auxiliary Scholarships

The CGH Auxiliary awards several \$1,000 scholarships to students who reside in the CGH service area. Students must have been accepted into their professional school of healthcare study and meet the criteria established by the Auxiliary.

Please return completed form, found at [www.cghmc.com/scholarships](http://www.cghmc.com/scholarships), to CGH Medical Center Auxiliary office or employee mailbox by 5 p.m. on **Monday, April 1**. Contact Deb Keaschall, ext. 5727, for more information.

### CGH Health Foundation Scholarships

There are 6 nursing/healthcare scholarships open to the public – with one application for all 6. One criteria is proof of acceptance into your professional school of healthcare study. Residents of the CGH service area are eligible.

Please return completed form, found at [www.cghmc.com/scholarships](http://www.cghmc.com/scholarships), to CGH Health Foundation office or employee mailbox by 5 p.m. on **Friday, April 5**.

In addition, the application deadline for the **BlueSky Healthcare Education Scholarship** is **Friday, April 12 at 5 pm**. This scholarship is for CGH employees and their children only. To apply, go to Lifeline, CGH Health Foundation, Internal Site, Scholarships. Contact Joan Hermes at ext. 5672 for more information.

## Leukemia, Lymphoma, and Multiple Myeloma Networking Group



The Leukemia, Lymphoma, and Multiple Myeloma Networking Group will meet on **Wednesday, April 10 at 6 p.m.** in the Ryberg Auditorium. The guest speaker will be Stephanie Mellon-Reppen, AOCNP, Nurse Practitioner, Adult and Pediatric Bone Marrow

Transplant from Karmanos Clinical Cancer Center.

Dinner and refreshments will be provided at no cost. The Myeloma, Lymphoma, and Leukemia Networking Group is in partnership with Home of Hope Cancer Wellness Center. Please call 815-288-4673 to register for this event.

## CGH Receives United Way Doyle-Huntley Award

CGH received the Doyle-Huntley award at the United Way of Whiteside County annual recognition luncheon on March 20. The CGH total pledge for 2018 is \$48,531.94. Of that total, \$16,000 is a corporate pledge and the rest is from employee payroll deductions.



Shane Brown and Kevin Anderson

The Doyle-Huntley award is given to a business with a servant leadership mentality; being a long supporter; superior United Way engagement - including workplace campaign access to staff, filling leadership roles on the UW Board for many years, and participation in fundraisers outside the workplace campaign.

The overall goal for the campaign was \$775,000. The agency soared past the goal, raising an additional \$45,000 for a total of \$820,244. Money raised will help fund 33 agencies and programs that serve county residents.

Thank you to all CGHers who support the United Way each year, and thanks to Kevin Anderson, Director, Information Technology, who serves on the United Way Board as Campaign Chairman, representing CGH. **If you are interested in becoming a United Way donor, please contact Marketing for a payroll deduct form.**

# TOWN HALL MEETINGS

IN THE RYBERG AUDITORIUM

**Wednesday, April 17 at noon**

**Monday, April 22 at 2:00 p.m.**

**Wednesday, April 24 at 7:30 a.m.**

**Tuesday, April 30 at noon**



# OPEN HOUSE

PUBLIC WELCOME • WEDNESDAY, APRIL 10 • 5 - 7PM

CGH DOWNTOWN MEDICAL CENTER • 15 W. 3RD ST, STERLING, IL 61081

CGH Medical Center welcomes you to tour our newly renovated Downtown facility. Please come enjoy refreshments and meet with our staff and providers.

15 W. 3rd St. (Upper Level) Sterling, IL 61081 • 815.625.0226 • www.cghmc.com/locations

## Mandatory Education

Reminder: CGH Employee Mandatory Education for FY 2018-2019 completion is required by April 30.

## CELEBRATE DOCTORS' DAY

Show your appreciation at

[cghmc.com/thankyoudoc](http://cghmc.com/thankyoudoc)

Sarah Alderman\*, MD · Mir Alkhan, MD · Abdulhamid Alkhalaf, MD · David Almasry, MD · Mirza Baig, MD · Maurice Bann\*, MD · William Bird, MD · Angel Blasquez, MD · Debra Bonnin, MD · Eugene Brown\*, MD · Ajay Boddary, MD · Mark Buehler\*, DO · Adhica Canady, MD · Warren Cannell, MD · Edward Corrigan\*, DO · Curtis Coyle, DC · Jerald Cundiff, MD · Matthew Cutler, OD · Phong Dang, MD · Chester DeLacruz, MD · Cordis Esington, MD · Farzan Etkandari, MD · David Faricat\*, MD · Rakan Friend, DO · Eric Gale, MD · Michael Galle\*, DO · Liang Ge\*, MD · Scott Girardi, MD · Rajan Gosal, MD · Arturas Grazulis, MD · John Haber, MD · Edward Hanlon, OD · Shawn Hanlon, MD · Danish Hapo\*, MD · Rita Hart, DO · Sylvia Hattaras\*, MD · Jacob Hopping, MD · David Hulica\*, DO · Juan Ibarra, MD · Manisa Jones, MD · Inad Jwaid, MD · Robert Jwee\*, MD · Matthai Karingada, MD · M. Ebad Karzom\*, MD · David Kavanagh\*, DO · Brian Keelker, MD · Thomas King, DO · Eric Kuhn, MD · Thomas Kirian, MD · Jeffrey LeMay, MD · John Luckey, MD · Steven Mackay, DO · Ashok Maini, MD · Afreen Malik, MD · Thomas McElroy, MD · Mark Meach\*, MD · Edward Miles\*, MD · Jorge Montenegro, MD · Adolfo Napoles\*, MD · Matthew Nickerson, DO · Henry Oh, DO · Kalpesh Patel, MD · Carl Pibel\*, MD · Chbe Pines, MD · Keith Pham\*, MD · Vincent Raccanelli, DO · Kfanaja Rahman\*, MD · Bharat Raju\*, MD · Scott Reese, MD · Jason Reiter, DO · Bahar Ricki\*, DDS · Eric Riley, DPM · Eric Schuffert, MD · Young Song, DO · Mike Stees, MD · Bill Steinko, DO · Matthew Stearn, MD · Jeffrey Thomeyer, MD · Peter Toth, MD · Nancy Tran, MD · Kim Treviñan, MD · Frank Tignell, MD · George Tselipis\*, MD · Heather Wakefield, MD · David West\*, MD · Robert Whittaker, DMD · Matthew Wolf, MD

## THANK YOU DOCTORS

The doctors at CGH Medical Center are committed to bringing the highest level of care and expertise to every medical challenge they face – whether saving lives, improving lives, or welcoming new lives into the world. We truly appreciate all they do for the health and wellness of our communities and salute them for the skill and compassion they provide.

National Doctors' Day is the perfect time to thank the CGH physician who has made a positive impact in your life. Visit [cghmc.com/thankyoudoc](http://cghmc.com/thankyoudoc) to thank a doctor who has made a difference in your life!



An asterisk (\*) by a physician's name indicates that the physician is independent and not an employee of CGH Medical Center.

## New Lab Benefits for CGH Health Plan Participants

CGH is pleased to announce an additional health plan benefit that will positively affect employees with lab charges. Retroactive to January 1, 2019, lab charges have become a flat co-pay of \$25 per occurrence for individuals on the Base Plan and \$35 for individuals on the Value Plan. In order to receive this benefit, LABS MUST BE OBTAINED AT A CGH FACILITY!



### How will this work?

The system is set up to reflect the co-pay similar to an office visit but won't be due at the time of service (it will be billed out like all other charges).

For example:

- If you see your physician and he/she orders a CBC, CMP, and Lipid, you will go have your labs drawn and you will pay \$25/\$35 (base/value).
- If you go back 2 weeks later and get a CMP drawn, you will pay \$25/\$35.
- If you get a TSH, Free T4 and Lipids 6 months later, you will pay \$25/\$35.

It is \$25/\$35 for each instance of lab draw no matter which labs are drawn. It is important to note that if the actual cost of the lab test is less than your co-pay, you will pay the lesser amount.

The change will be managed by UMR, and any questions about charges can be directed to the number on the back of your insurance card.

### What about labs that I had done from January 1st until now?

Labs obtained from January 1, 2019 and onward will be handled with the co-pays as described above.

### Why is CGH doing this?

We are always looking for ways to make CGH an even better place to work, and improving the health benefits we provide our employees on the CGH Plan is one aspect of that.

We are proud that this marks our third year without raising employee health premiums, while continuing to add additional benefits. This is very rare in today's environment, but want you all to know that you are an integral part of the CGH family.

We will continue to look for opportunities to improve our benefits, and we thank you for what you do each day!

# April Birthdays

- |                      |                        |
|----------------------|------------------------|
| 1 Skyler DeLaFuente  | 16 Rahsaan Friend      |
| 1 Renee Stach        | 16 Rosemary Gittleson  |
| 1 Kaley Stangeland   | 16 Robin Klenz         |
| 2 Chris Gale         | 16 Leah Landis         |
| 2 Jill Halverson     | 16 Fran Taylor         |
| 2 Jesse Pate         | 17 Amanda Blasdell     |
| 2 Sarah Prowant      | 17 Deborah Etheridge   |
| 2 Susan Turner       | 17 Lyndi Lemay         |
| 3 Beverly Adamson    | 17 Tia Thompson        |
| 3 Evan Cooper        | 17 Tara Tompkins       |
| 3 Angelica Dornes    | 18 Bryan Kemker        |
| 3 Lauren Williams    | 18 Serena Lahey        |
| 4 Kayla Magill       | 18 Teresa Parvin       |
| 4 Taylor Poulter     | 19 Melissa Brooks      |
| 4 Joseph Real        | 19 Christopher Ramirez |
| 5 Linda Baker        | 19 Alex Schmidt        |
| 5 Tyler Lawson       | 19 Tara Steingraber    |
| 5 Tiffany Marquez    | 20 Wendy Burke         |
| 5 Angelica McCoy     | 20 Jobelle Gamboa      |
| 6 Lori Cavazos       | 20 Sarah Trujillo      |
| 6 Andrea Ferguson    | 20 Nicole Tupper       |
| 6 Tanja Gruber       | 20 Heather Wakefield   |
| 6 Delaney Morrison   | 21 Andrea Castanon     |
| 6 Julie Penne        | 21 Amie Stoecker       |
| 6 Eddie Pruis        | 21 Shawna Winstead     |
| 6 Nicole Slock       | 22 Ashlea Canady       |
| 6 Greta Van Weelden  | 22 Katlyn Hagen        |
| 7 Cari Johnson       | 22 Glenna Lawson       |
| 7 Marsha Malburg     | 22 Brenda Miller       |
| 7 Karen McNinch      | 22 Sarah Slaunwhite    |
| 7 Jorge Monteagudo   | 23 Jill Adolph         |
| 7 Diane Shipman      | 23 Katherine Chase     |
| 8 Debra Bowman       | 23 Mary Devine         |
| 8 Helen Bruni        | 23 Courtney Doty       |
| 8 Amy Francque       | 24 Susanna Riley       |
| 8 Kerrie Peterson    | 24 Brian Sage          |
| 8 Julie Schoeny      | 24 Barbara Smith       |
| 9 Andrea Fry         | 24 Kim Wolfe           |
| 9 Kimberly Peikert   | 25 Amanda Dawson       |
| 10 Lynette Ebersole  | 25 Jaina Driscoll      |
| 10 Carrie Pineda     | 25 Stephanie Robbins   |
| 10 Kerri Stover      | 25 Zita Valdez         |
| 10 Mikayla Watkins   | 26 Sabrina Allen       |
| 11 Karley Bonnell    | 26 Danielle Baker      |
| 11 Rebecca Murray    | 26 Joselyn Reed        |
| 11 Suzette Schriener | 27 Deborah Blackert    |
| 11 Paul Steinke      | 27 Michelle Wiersema   |
| 12 Jesse Chiu        | 28 Alexandra Brady     |
| 12 Julie Donovan     | 28 Jennifer Etheridge  |
| 12 Karri Hess        | 28 Jennifer Rodriguez  |
| 12 Amy Marcinkiewicz | 28 Heather Widolff     |
| 12 Michael Pearson   | 29 Alicia Fritz        |
| 12 Gina Silvius      | 29 Kelcie Fullmer      |
| 13 Kyle Behrens      | 29 Virginia Heal       |
| 13 Coral Engle       | 29 Mary Matthews       |
| 13 Hannah Papoccia   | 29 Timothy Pashon      |
| 14 Rachel Deets      | 29 Tarah Pyse          |
| 14 Brandon Dewey     | 29 Sterling Reese      |
| 15 Justin Brown      | 30 Steven Adee         |
| 15 Melissa Henson    | 30 Tammy Heslop        |
| 15 Debbie Pratt      | 30 Nikki Roberts       |
| 15 Tammy Vinson      | 30 Amy Waldschmidt     |
| 15 Cynthia Zander    | 30 Dena Wheeler        |
| 16 Amber Clark       |                        |

Give Blood, Give Life, Be a Hero!

# BLOOD DRIVE

**Thursday, April 4, 2019**

**9:30 a.m. - 7:00 p.m. | CGH Ryberg Auditorium**  
100 E. LeFevre Road, Sterling

Appointments are appreciated. Walk-ins are welcome.

To make an appointment, call Michelle at  
**(815) 625-4790 ext. 6879**

Or call Connie at

**(815) 625-0400 ext. 5425**

Or call **1-800-RED CROSS (733-2767)**

Or schedule online at [www.redcrossblood.org](http://www.redcrossblood.org)

Enter for a chance to win  
a gift certificate from



**Eggs in Paradise**  
3506 E. Lincolnway  
Sterling, IL 61081



**American  
Red Cross**



You can save up to 15 minutes when you donate blood by using RapidPass!  
Visit [redcrossblood.org/RapidPass](http://redcrossblood.org/RapidPass) for more information.

# Masquerade™

JEWELRY & ACCESSORIES



## FUNDRAISING SALE

**Thursday, April 18<sup>th</sup> 7 am – 6 pm**

**Friday, April 19<sup>th</sup> 7 am – 3 pm**

**CGH Medical Center  
Ryberg Auditorium**

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