



Communique

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A CGH Medical Center Publication

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CGH Recognizes DAISY Award Winner Lyndsey Weber, RN

Lyndsey Weber, a registered nurse in the CGH Ambulatory Surgery Department, was recently recognized in front of her 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.

"Lyndsey was very calming to me as I prepared for surgery," said the patient's nomination for Weber. During the preparation, Lyndsey assisted with finding a proper vein for an IV while the patient's husband looked over her shoulder. "She interacted so nicely with him, telling him about the instrument. She was very professional throughout our experience, and her discharge instructions were thorough."

The patient concluded, "Being an RN, and especially one that has trained CNAs, I was most impressed with Lyndsey's personable skills as well as her work ethic and professionalism."

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 CGH nurses nominated by our patients for the DAISY award included: Brenda Pettorini, RN; Lori Cousins, RN; Amanda Kusk, LPN; Katie Johnson, RN; Laurie Davis, RN and Meagan Haan, RN



ASU staff gather to celebrate Lyndsey Weber's DAISY Award. Pictured in the front row from left to right are Jennifer Shaeffer, Katie Miller, Katie Dempsey, Brooke Carroll, Rachel Hallstrom, Michelle Wiersema, Lyndsey Weber, Amanda Englund, Shannon Klausing, Elizabeth Accardi and Beth Vandersnick. Pictured in the back row from left to right are Dr. Grazulis and Sasha Lumzy.

If you would like to submit a nomination for extraordinary nursing care that you or a family member have received at CGH Medical Center, please visit www.cghmc.com/daisy.

YWCA Luncheon: Empowered Women Empower Women!



Alice Vetter

Julie Morse

The many accomplishments of empowered women across the Sauk Valley were celebrated during the 2019 YWCA Women of Achievement Luncheon held on April 11 at the Dixon Elks Club.

Out of seven award categories highlighted during the event, one category – the **Jane Reid Keefer Award for Professions and Education** – included nominations for two of our very own CGH employees – **Alice Vetter, RN** (CCU Director), and **Julie Morse, RN** (Population Health Management Director).

Each year, this award is given in honor of Dr. Jane Reid Keefer, and her husband, who were physicians that practiced in Sterling. They had an office and hospital in their home. Later, that house became the first home of the YWCA. The Jane Reid Keefer Award is presented for significant achievements in medical, legal, social service, teaching, and non-profit fields. The following are excerpts from each of their nominations:

"Alice Vetter is a competent professional who is able to manage numerous departments at CGH, while maintaining a standard of care for CGH patients that is above average in excellence... Through diligent research and guidance, Alice helped to facilitate the development of the Cardiac Cath Lab at CGH, recognizing the need for this kind of service in our community. Alice's visions to help patients stay local for their cardiac treatment has been an important contribution to healthcare in the Sauk Valley."

"Julie Morse has left her mark of leadership in every role at CGH...Worth noting is Julie's development of the Infusion Therapy department at CGH serving those needing IV medications. She's also helped to build a Community Health Network that sends nurses into the community where there is a need. Julie is passionate about delivering superior care to patients, and along the way, has mentored her staff, encouraging them to grow and be the best that they can be."

Congratulations, Alice and Julie, for being recognized as Empowered Women who continue to Empower Women!

CGH Volunteer Week



In conjunction with Volunteer Week, we'd like to take a moment to thank our amazing group of CGH Auxiliary volunteers and celebrate their contributions.

"CGH Medical Center is fortunate to have more than 175 devoted individuals who serve as volunteers to help us provide the best care possible to the patients we serve," said Dr. Paul Steinke, President and CEO. "The impact our volunteers make on our medical and professional staff, and more importantly, the positive benefits they provide our patients and their families are immeasurable."

Thank You

Recently, I had a couple family members travel through the E.D. and stay on 3E for short stays. The competence, communication, and compassion made me proud to work at CGH. Thanks to you all.

Sincerely,
Dawn Hartman
Cardiolab

Leukemia, Lymphoma, and Multiple Myeloma Networking Group



Dr. Mir Alikhan speaks to attendees at the networking group.

The Leukemia, Lymphoma, and Multiple Myeloma Networking Group met on Wednesday, April 10 at 6 p.m. in the Ryberg Auditorium. The guest speaker was Stephanie Mellon-Reppen, AOCNP, Nurse Practitioner, Adult and Pediatric Bone Marrow Transplant from Karmanos Clinical Cancer Center.

The Myeloma, Lymphoma, and Leukemia Networking Group is in partnership with Home of Hope Cancer Wellness Center.

Do You Know Your New Plain Language Alert Codes?

In another step to improve and provide a safer workplace environment for our employees, and higher quality care for our patients and visitors, CGH Medical Center will begin using Plain Language Alert Codes on May 1. Plain language is communication that everyone can understand the first time they hear it, and the use of these codes will simplify emergency response from physicians and staff who may work in multiple hospitals.

As you can see on the Plain Language Emergency Codes handout included with this Communique, all codes will now begin with an alert – either a Facility Alert, Medical Alert, Security Alert, or Weather Alert. The alert notice will then be followed by a description of the alert, the location of the alert, and brief instructions on what to do (if not already determined by policy). For example: "Security Alert + person with a weapon + location + Seek safe shelter immediately."

Please note that the following eight code names have not changed, but will be announced in the new format:

- **Code Blue** will now be **Medical Alert + Code Blue + location**
- **Stroke Alert** will now be **Medical Alert + Stroke Alert + location**
- **Trauma Alert** will now be **Medical Alert + Trauma Alert + ETA** (estimated time of arrival, if indicated)
- **Code White** will now be **Medical Alert + Code White + location**
- **STEMI Alert** will now be **Medical Alert + STEMI Alert + location**
- **PALS Alert** will now be **Medical Alert + Code PALS + location**
- **Code Red** will now be **Facility Alert + Code Red + location**
- **Rider 26** will now be **Facility Alert + Rider 26**

Also remember that the steps to activate an emergency code have NOT changed. If in the hospital or Main Clinic, call 5511 to reach the Switchboard to implement the code alert, or if in the off-site clinics/buildings, call 911.

Watch for new code cards for your CGH name badge coming soon! For any questions, please contact Shirley Wolford at ext. 4906.

Providers on the Move

Effective Monday, April 22, **Curtis Coyle, DC, CCEP** moved his Chiropractic office from the CGH Locust Street Medical Center to Suite C at 2600 N. Locust in Sterling.



Curtis Coyle
DC, CCEP



Therica Heeren
PA-C, MS

In addition, **Theresa Heeren, PA-C, MS** has moved from Main Clinic ENT to the 2nd floor Family Medicine/Internal Medicine area. Theresa will now be seeing Allergy patients only.

Surge/Evacuation Exercise



On April 17, CGH and its community partners participated in a patient surge/evacuation exercise. This was an exercise coordinated through IDPH and the Northwest Illinois Preparedness and Response Coalition (NIPARC) which is Illinois Region 1.

The goal of the exercise was for the (simulated) evacuation of 20% of the Coalition's bed capacity within 90 minutes. CGH and OSF Saint Anthony in Rockford were the two facilities who simulated evacuation; the remaining regional facilities received the simulated patients.

The areas emphasized in this exercise were: 1.) Patient tracking and finding a transfer destination for all patients who were not able to be discharged, and 2.) Finding transportation from area ambulances and other transport means to get the patients to their new destination. CGH simulated the discharge of 105 patients and transfer of 27 patients.

This was an excellent test of our evacuation processes and will enable CGH to further develop our evacuation plan.

CGH Health Foundation Upcoming Events

The CGH Health Foundation Silent Auction is **Friday, May 10** from 7 am-3:30 pm. Don't forget to come down to the Ryberg, and Classrooms 1 and 2 to check out our baskets!

Co-Chairs are Mimi Hicks, Daycare, and Beth Warner, Clinic Administration. We would still love more baskets donated! Please contact Mimi or Beth to let them know you want to help! We will also have a 50/50 Raffle. Raffle tickets are 1 for \$1 or 6 for \$5, with drawing to be held at 3 pm on Friday, May 10.

Wednesday, May 8, from 7 am to 1 pm is the annual Bake Sale and Dessert Auction, just in time for Mother's Day! Come down to the Ryberg to grab a treat and place a bid on our Dessert Auction delights! Event co-chairs are Janice Repass and Kim Przysucha, Main Clinic GI. Contact these ladies ASAP if you would like to donate some goodies to this event.

Stop by the pledge table to make your annual gift. You will receive a special gift just for making a pledge to the 2019 Annual Appeal! Our feature project is to provide \$50,000 for the new CGH Peds Rehab Center.

May Birthdays

1 Brenda Cochran
1 Trina Frieberg
1 Dina Green
1 Karra Hague-Schindel
1 Cathy Hatten
1 Afrem Malki
1 Jean Thomaschefskey
2 Heather Babbitt
2 Melody Engel
2 Concepcion Garza
2 Amy Lawson
2 Mary McCormick
2 Breann Moyer
2 Emily Nurnberger
2 Joey Young
2 Sarah Zigler
3 Theodore Harms
3 Judy Hentges
3 Barbara Newlon
3 Jill Queckborner
3 Daryn Quinn
3 Abigail Shields
4 Laura Long
4 Kimberly Moses
5 Aaron Stanley
5 Peter Toth
6 Shannon Kuepker
6 Karen Shipma
7 Susan Burnette
7 Brittany Dingley
7 Kelly Gray
7 Mia McDermott
7 Jeanne Roberson
7 Lisa Shull
8 Nikita Ebersole
9 Ashlyn Arduini
10 Raygen Day
10 Juan Ibarra
11 Maria Luz Chatic
11 Dawn Hartman
11 Kayla White
11 Brittney Zemke
12 James Asumendi
12 Annette Cady
12 Mayci Lee
12 Lauren Pollom
12 Jan VanDyke
12 Janae Veselko
13 Abbigail Fargher
13 Heather Gould
13 Kathryn Harrison
13 Timothy Sadler
13 Jacquelyn Schroeder
13 Kervin Teckio
13 J'Sondra Veracini
14 Parish Cheshire
14 Manorama Hermon
14 Deborah Kuehl
14 Donna Lamb
14 Vincent Racanelli
14 Eric Thueson
14 Frank Tugwell
14 Laura Vandermyde
15 Claire Aulwes
15 Debra Boehme

15 David Brooks
15 Ann Shaw
15 Beverly Young
17 Erika Brown
17 Diane Gaumer
17 Elizabeth Langan
17 Emily Musselman
17 Eric Schaffert
18 Tina Frank
18 Jelena Runions
19 Ashley Barton
19 Farzan Eskandari
19 Jackie Gonzales
19 Megan Hippen
19 Elizabeth Orr
19 Kelly Pinkston
20 Paula Devers
20 Jodi Henson
20 Madison Newman
20 Valerie Sigafus
20 Rose Strader
21 Sandra Draper
21 Jessica Henderson
21 Marcella Sandoval-Herrera
21 Ashley Scanlan
21 Kerri Smith
22 Terry Glenn
22 Denise Kramer
22 Brett Royer
22 Joshua Wade
23 Ariel Keomany
23 Jill Randall
23 Ellen Reter
23 Roberto Sierra Sierra
24 Joleen Cortez
24 Cathy Dane
24 Erin Luckenbill
25 Katie Decker
26 Darryl Fringer
26 Brittany Johnson
26 Kenneth Zuithoff
27 Morgan Gauthier
27 Nancy Lauritzen
27 Michelle Lewis
27 Emma Watson
28 Brenda Allen
28 Danielle Balsley
28 Rogean Keime
28 Alyshia Malott
28 Landon Mouritsen
29 Nicole Walls
29 Nolan Wolfe
30 Jennifer Behrens
30 Rebecca Duis
30 Juanita Garza
30 Dana McCoy
30 Daryl Reitzel
30 Laurie Zollinger
31 Dawn Berkeley
31 Matthew Cutter
31 Meredith Johnson
31 Jason Reter
31 Brenna Smoot

Laboratory Professionals Week

Celebrated the last full week of April, Medical Laboratory Professionals Week originated in 1975 and provides the profession with an opportunity to increase public understanding and appreciation for clinical laboratory personnel. Most patients and caregivers will never meet these lab professionals in person, although many decisions for primary and specialized care depend on the expertise and advice from clinical labs in some way.



"Many of our laboratory staff work behind the scenes, but they all understand how critical the testing they perform every day is in assisting with patient diagnosis and treatment," said Cheryl Baker, CGH Lab Director. "The lab is a critical component of the outstanding care patients and their families receive at CGH."

The CGH Laboratory Department has a highly skilled team of 60 technicians, phlebotomists and secretaries at five locations including the hospital and Main Clinic in Sterling, as well as at our off-site facilities in Dixon, Lynn Blvd, Morrison, and Prophetstown.

"Today and every day, we recognize our outstanding laboratory staff who are an integral part of our patient care team," said Dr. Paul Steinke, CGH President and CEO. "We thank them for their commitment and dedication to providing accurate diagnoses for our patients in the Sauk Valley and surrounding communities."

Hospital Happenings

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. Lunch prepared by CGH dietary staff at a cost \$5.00 per person. Also included is a short educational video about plant based lifestyles. RSVP's required. Please RSVP to Sherry DeWalt at ext. 5716.

Yoga

Yoga class is offered in the CGH Ryberg on **Mondays** at **5:15 p.m.** The instructor is Jennifer Sleeman and the cost is \$5 per class. Class length is approximately 60 minutes and is open to anyone. If you have a yoga mat, please bring one. Wear comfortable, loose fitting clothing. Yoga is traditionally performed in bare feet.



Distinctive Gardens Plant Sale

Friday May 3rd

7 am - 4 pm

Located in the Ryberg Auditorium