



Communique

November 18, 2021

A CGH Medical Center Publication

In This Issue:

- CGH Home Nursing Celebrates National Home Care and Hospice Month
- CGH Health Foundation Scholarship Winners
- November Employee of the Month
- Diabetes Awareness Month
- 2020-2021 Nurse Residents
- Community Outreach
- Caring Fund Scholarship
- Rad Tech Week
- December Birthdays
- 8th Annual Healthy & Bright Holiday Lighting
- CGH Auxiliary Gift Shop Christmas Open House
- CGH Auxiliary Cookie Caper

HAPPY THANKSGIVING!



Wishing you a healthy and safe holiday!

CGH Home Nursing Celebrates National Home Care and Hospice Month

November is a chance to recognize the dedication and innovation of providers of home health care. It is an opportunity to acknowledge recipients of in-home care services, and celebrate that they are able to remain in the safety and comfort of their own homes while receiving quality care. Home health, home care, and hospice and palliative care providers have always been important to vulnerable citizens in our communities. But now, that importance is underscored by the risk of exposure to COVID-19 in public/facility settings. When given the option, patients want to receive care in their homes.

To recognize these efforts, we join CGH Home Nursing and the National Association for Home Care and Hospice (NAHC) by celebrating November as National Home Care and Hospice Month.

With 10,000 Americans turning 65 every day, the need for health care will continue to rise, and costs will continue to skyrocket. This is where home care and hospice come in. As the preferred choice for most patients, it also offers the greatest cost savings. For example, Medicare pays nearly \$2,000 per day for a typical hospital stay and \$450 per day for a typical nursing home stay. Meanwhile, home care costs less per day and helps many U.S. seniors remain independent at home, enrich their lives, and keep in touch with those they love.

"Whether our patients need the services of a registered nurse, a physical or occupational therapist, a certified home health aide, a speech pathologist or a medical social worker, CGH Home Nursing provides highly qualified, caring professionals," said Denise Wooden, Director of CGH Home Nursing.



CGH Home Nursing Staff pictured above are as follows: (top row, from left to right) Carrie Rodriguez, Denise Wooden, Quanene Kendrick, Darcie Bettner, Lora Clapper, Cynthia Weisel, Deborah Devine and Jacque Schroeder; and (on the stairs from the top, left to right) Sandra Hobbs, Melinda Brainerd, Michelle Lewis, Erin Phalen, Anne Nehrkorn, Debra Knutti and Angela Renkes.

For more information about CGH Home Nursing, visit www.cghmc.com/homenursing.

CGH Health Foundation Scholarship Winners

Ten individuals have been named recipients of CGH Health Foundation nursing and healthcare scholarships. A total of \$20,500 has been awarded because of the generosity of area donors, according to Foundation Board Chair Martha Kophamer, Morrison.



"The Foundation has had a long-standing scholarship program during our 34-year history," said Kophamer. "We are committed to supporting individuals who are pursuing a career in the healthcare profession and want to thank our many contributors who make this possible."

Those selected include:

- **Victoria Kronenberg** and **Dawn Mace**, both of Sterling and both seeking an Associate Degree in Nursing from Sauk Valley Community College; and **Ashleigh Chapman**, Sterling, CGH Gastroenterology, seeking an Associate Degree in Nursing from Highland Community College - \$3,000 Althea Larson Nursing Scholarship
- **Amy Marcinkiewicz**, Tampico, CGH Cardio Cath Lab, seeking a Bachelor of Science Degree in Nursing - \$1,000 Edgar and Florence Hall Nursing Scholarship
- **Madeline Gasso**, Sterling, seeking a Bachelor of Science Degree in Nursing at Roosevelt University - \$1,500 Ron Smeltzer Nursing Scholarship
- **Ashlee Griffin**, Forreston, CGH CCU, seeking a Bachelor of Science Degree in Nursing at Northern Illinois University - \$1,000 Bill and Marrietta Lilly Healthcare Scholarship
- **Serena Lahey**, Rock Falls, CGH Float Department, seeking a Master of Science Degree in Healthcare and Nursing Administration at Southern Illinois University, Edwardsville; and **Nicole Stepp**, Shannon, CGH Emergency Department, seeking an Associate Degree in Nursing from Rasmussen University - \$3,000 Sterling Rock Falls Community Trust Healthcare Scholarship
- **Ashleigh Chapman**, Sterling, CGH Gastroenterology, seeking a Bachelor of Science Degree in Nursing from Highland Community College; and **Anna Austin**, Rock Falls, CGH OB, seeking a Bachelor of Science Degree in Nursing from Western Governors University - \$1,000 Ed Andersen Healthcare Scholarship

To be eligible for a Foundation scholarship, students must have already been accepted into their professional field of study. On-line programs are funded in addition to traditional courses at a campus. The next scholarship application will be available February 1.

EMPLOYEE OF THE MONTH

ESTHER WHILES

LPN
Family Medicine
Lynn Blvd



NOVEMBER 2021

Esther is always willing to help anyone in need, without even thinking about the work she needs to complete. She always goes above and beyond for all of us at Lynn Blvd. She makes sure we have all of our supplies ordered to be able to provide the care needed, all on top of working in a busy office.

She is a great team player and friend! We appreciate everything she does for our office and clinic!



Purpose, Worthwhile Work...
Making a Difference!

CGH Diabetes & Nutrition Center National Diabetes Month



Did you know that more than one in five people in the United States who have diabetes don't even know they have it? According to the American Diabetes Association (ADA), that's 7.3 million people - out of a total 34.2 million - who aren't aware they're living with the disease and all the health risks that poorly managed blood sugar can pose. No wonder an awareness month is needed for diabetes.

At CGH Medical Center, our diabetes specialists are dedicated to helping people with diabetes live independent, satisfying lives. The treatment plans we offer - and the diabetes education programs we provide - can help you manage your everyday, routine diabetes decisions. A referral from your primary care provider is necessary before scheduling an appointment. For more information, call (815) 632-5036.

2020-2021 Nurse Residents

Our Nurse Residents have now presented their evidence-based research projects as the final completion of their 12-month Nurse Residency Program. Congratulations on your dedication and accomplishments!

For the first six months, the program was delivered by a combination of methods including online course modules, a transitional journal, and live cohort discussions. In their final 6 months, residents designed a project of their choice. This type of project-building provides residents an opportunity to use evidence-based practice or best-practices to create and/or change a process, policy or standard in their department.

This actual-situation experience is a huge step in professional development, as clinical issues are viewed and approached as opportunities rather than problems or barriers to quality care. Kristie Geil, CNO, commended the nurse residents for their resiliency and commitment through one of the most difficult times in nursing practice.



2020-21 Nurse Residents

Front Row (L-R): Katyn Parrott, Emily Hutchison and Alyssa Canales
Back Row (L-R): Michaela Delgado, Bryanna Flynn, Anna Austin,
Morgan Pope and Jenna Harris
Absent: Kayla Jackley and Stephanie Fredrich



OB resident nurses (Anna Austin, Bryanna Flynn and Morgan Pope) give their presentation on Alternative Methods for Pain Control with the Labor Patient.

Community Outreach

Thank you to CGH's Community Outreach Committee who created and donated this beautiful tree for the Rock River Hospice & Home Festival of Trees at Northland Mall in Sterling.

Make sure to stop by the mall between now and Sunday, November 21 to place your bids on this and many other beautiful trees and table settings! Plus, don't forget to visit the online Festival of Trees silent auction at <https://airauctioneer.com/festival-of-trees-non-event>.



Caring Fund Scholarship

The CGH Caring Fund Scholarship was created in 2014 by the CGH Caring Fund Committee and is funded 100% through CGH Medical Center employee contributions. The scholarships are for any CGH Medical Center employees who are continuing their education through trade school/college/university and is meant to support those who are pursuing careers in any field. Full- and part-time students may apply.



Four \$500 scholarships will be awarded for the 2022 Spring semester. Deadline to apply is December 1. For more information and application details, please visit Lifeline or contact caring.fund@cghmc.com.

Rad Tech Week

During Rad Tech Week (Nov. 7-13), we celebrated all of our staff who provide Imaging and Radiologic services at CGH!

With their skill and expertise in a variety of diagnostic imaging services - such as 3D mammography, MRIs, CTs, Ultrasound, Nuclear Medicine, and more - patients can receive screening and diagnostic imaging to learn more about their condition, as well as interventional and targeted therapies to treat a number of diseases and illnesses. We are proud of our entire CGH Diagnostic Imaging Department, and we thank them for their dedication to providing excellent patient care every day!



December Birthdays

| | | | |
|----|----------------------|----|------------------|
| 1 | Andrea Adee | 19 | Heather Moser |
| 1 | Minerva Ferrel | 19 | Erin Shepard |
| 1 | Heather Holder | 19 | Peggy Squire |
| 1 | Matthew Stemm | 19 | Jennifer Walker |
| 2 | Krista Buckley | 19 | Matthew Wolf |
| 2 | Christina Larson | 19 | Diane Yeoward |
| 2 | Kelly McCormick | 20 | Nichole Blackert |
| 2 | Eric Mullan | 20 | Elizabeth Falls |
| 2 | Johnna Myers | 20 | Julie Hummel |
| 3 | Diana Chumacero | 20 | Michelle Rogers |
| 4 | Samantha Greer | 20 | Christy Settles |
| 4 | Chris Peed | 20 | Shelbi Shipma |
| 4 | Debra Sigel | 20 | Daniel Surdez |
| 6 | Shari Giffin | 21 | Paula Lucas |
| 6 | Whitney Phillips | 22 | Brittanie Bruder |
| 7 | Silvia Favela | 22 | Mathai Karingada |
| 7 | Anne Harms | 22 | Irena Mendoza |
| 7 | Sean Ryan | 22 | Manuel Mooney |
| 8 | Jennine Beckmann | 22 | Alisha Wetzell |
| 8 | Rachel Bittner | 23 | Melissa Carew |
| 8 | Mary Jean Derreberry | 23 | Kaci Linton |
| 8 | Shelly Houzenga | 23 | Ryan Whiteside |
| 8 | Michelle Salas | 24 | Jordan Baeza |
| 8 | Teresa Stark | 24 | Jon Berens |
| 9 | Angel Blazquez | 24 | Lynne Coffey |
| 9 | Kathleen Bowman | 24 | Heather Eddinger |
| 9 | Katyn Parrott | 24 | Patty O'Brien |
| 11 | Marci Foutch | 24 | Marcela Sproul |
| 11 | Patricia Gallegos | 24 | Dahley Vinson |
| 11 | Jordan Mullan | 26 | Laura Davis |
| 11 | Bethany Schmitt | 26 | Paige Morales |
| 12 | Rebecca Green | 27 | Matthew Hammer |
| 12 | Darlys Heiderscheit | 27 | Ariel Maschek |
| 13 | Michael Byrd | 27 | Kara Nehr Korn |
| 13 | Paul Cunniff | 27 | Polly Nobis |
| 13 | Lilian Gaulrapp | 28 | Gregory Beck |
| 13 | Laura LaCoursiere | 28 | Holly Hilty |
| 13 | Julie VanAusdal | 28 | Sara Ramage |
| 14 | Zeraja Fejzi | 28 | Shelli Silva |
| 14 | Jennifer Kastner | 28 | Loni Ulve |
| 14 | Micaela McCoy | 29 | Savannah Barker |
| 14 | Sabrina Pletsch | 29 | Sarah Fields |
| 14 | Jessenia Trujillo | 29 | Brett Heitkam |
| 14 | Katie Wetzell | 29 | Colleen Lahey |
| 15 | Shandi Armstrong | 29 | Hannah Mobarak |
| 15 | Kelly Escamilla | 29 | Jodi Rank |
| 15 | Timothy Ross | 29 | Christina Sheley |
| 16 | Desiree Burke | 29 | Haley Varga |
| 16 | Becky Davis | 29 | Jeffrey Venema |
| 16 | Laura Jackson | 29 | Lacey Young |
| 16 | Julie Pope | 30 | Corinne Abell |
| 16 | Danelle Saunders | 30 | Leann Bellini |
| 16 | Haley Stalf | 30 | Darcie Bettner |
| 16 | Diane Wheeler | 30 | Caitlin Deppe |
| 17 | Stacey Lazansky | 30 | Melissa Duncan |
| 17 | Megan Schumaker | 30 | Kimberly Jordan |
| 17 | Angie Thompson | 30 | Jose Montano |
| 18 | Marites Montanez | 30 | Yolanda Ramos |
| 18 | Evelyn Villareal | 30 | Taylor Steimle |
| 19 | Brenda Holldorf | 30 | Lyndsey Weber |
| 19 | Toni Ikens | 31 | Sherry Lamendola |
| 19 | Shawna Kester | 31 | Cathy Meenen |
| 19 | Laura Leal | 31 | Kelly Mitchem |

8TH ANNUAL HOLIDAY LIGHTING

Healthy & Bright

For those who were unable to join us during Tuesday's *Healthy & Bright Virtual Lighting Ceremony*, You can watch the 15-minute program on our CGH Facebook page, on CGH Heartbeat (www.heartbeatcgh.com), or on our CGH YouTube Channel (<https://youtu.be/swY-kKgfSvI>).

Thank you to the CGH Auxiliary for continuing this beautiful tradition!

CGH AUXILIARY GIFT SHOP

Christmas OPEN HOUSE

EXTENDED HOURS!

DECEMBER 1, 2021

7 AM - 6:30 PM

REGISTER FOR A CHANCE TO
WIN A **HOLIDAY GIFT BASKET!**

**FREE BAG WITH PURCHASE
OF \$50 OR MORE!**

(WHILE SUPPLIES LAST)

INDIVIDUALLY BAGGED
TREATS TO GO!

Save-the-Date

Cookie Caper

Cakes • Cookie • Pies • Candy

Friday, December 10th