



Communique

August 1, 2019

A CGH Medical Center Publication

In This Issue:

- CGH Medical Center Receives Prestigious Baby-Friendly Designation
- Caring Fund Scholarship August 6 Deadline
- CGH Spirit of the Heart Art Reception - TONIGHT!
- OneAmerica Visit
- 2019 Summer Scholars Program
- CGH Health Foundation Meat Sale Pick Up Reminder
- Aloha Wednesdays
- Kids Count...Superheroes Wanted
- CGH Ways to Wellness Chronic Illness Support Group
- Shoe Roads Productions: August 5-6
- HNHN Employee Farmer's Market
- Hospital Happenings

CGH Medical Center Receives Prestigious Baby-Friendly Designation

Baby-Friendly USA recently announced that CGH Medical Center has received the prestigious designation as a Baby-Friendly birth facility as part of the Baby Friendly Hospitals Initiative. Based on the Ten Steps to Successful Breastfeeding, this international award is only given after a rigorous on-site survey, and recognizes birth facilities that offer breastfeeding mothers the information, confidence, and skills needed to successfully initiate and continue breastfeeding their babies.



CGH Medical Center has been working towards this designation since 2013, when the hospital and clinic staff began to make major practice changes that collectively support a mother breastfeeding.

"We are very proud to have achieved this Baby-Friendly Designation," said Jennifer Behrens, RN, CGH Birthing Center Assistant Manager. "Achieving the designation was a difficult process. It required education not only for anyone who cares for newborns, but also for those that care for pregnant or breastfeeding women. This included all hospital OB nurses, clinic nurses and medical assistants in OB, Pediatrics, and Family Practice. We also set up a program to educate patients prenatally on the benefits of breastfeeding, rooming in, and skin-to-skin contact after delivery, and we partnered with WIC in both Whiteside and Lee counties during the process to help ensure everyone is communicating the same message."

As part of this designation, CGH Medical Center will need to collect and maintain statistics related to Baby-Friendly USA's Ten Steps and will report on this information and its quality processes annually. The aim is to improve – through optimal feeding – the nutritional status, growth and development as well as the survival of infants and young children.

Baby-Friendly USA, Inc. is the U.S. authority for the implementation of the Baby-Friendly Hospital Initiative, a global program sponsored by the World Health Organization (WHO) and the United Nations Children's Fund (UNICEF). The initiative encourages and recognizes hospitals and birthing centers that offer an optimal level of care for breastfeeding mothers and their babies.

There are more than 20,000 designated Baby-Friendly hospitals and birth centers worldwide, and currently there are 574 active Baby-Friendly hospitals and birth centers in the United States.

For more information please call the CGH Birthing Center at 815-625-0400, ext. 5504, or visit www.babyfriendlyusa.org.

Caring Fund Scholarship August 6 Deadline

The deadline for the CGH Caring Fund Scholarship for the upcoming fall semester is Tuesday, August 6. 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 are annually funded by the CGH Caring Fund, while two scholarships are awarded per semester.

Criteria for Application:

- Current full-time or part-time employee of CGH Medical Center or currently working on a PRN basis because of continuing education but has had full time status at CGH Medical Center in the last 12 months
- Proof of acceptance in an accredited program
- A brief profile of yourself emphasizing occupational goals (1 page or less)
- 1 letter of recommendation
- Short essay answering both of the following questions:
 - (1) Why are you interested in seeking/building a career in your chosen field?
 - (2) How will receiving this scholarship help you?

Procedure:

1. Application must be submitted to:
CGH Caring Fund, c/o Beth Warner
101 E. Miller Road, Sterling, IL 61081
2. Applications will be accepted once per semester. -
- **Fall semester** deadline will be **August 6**.
- **Spring semester** deadline will be **December 10**.
3. Monies will be disbursed directly to the school/college at the start of each semester upon receipt of completed registration documentation.
4. Yearly re-application is necessary for consideration to receive award.
5. Proof of enrollment must be presented for each semester before the award will be disbursed to the school.

Please contact Beth Warner at ext. 6110 with any questions.

SPIRIT OF THE HEART

Gallery at CGH

LATE SUMMER 2019 EXHIBITION

FEATURING ARTISTS FROM

The Loft on Main

112 E MAIN ST, MORRISON, IL • (815) 772-4005

ART RECEPTION

THURSDAY, AUGUST 1 • 5:00 - 6:30PM

CGH MAIN CLINIC ATRIUM

101 E MILLER ROAD, STERLING, IL 61081

VIEW THE SHOW | MEET THE ARTISTS

WINE AND CHEESE | ART FOR SALE

GOURMET CHEESE AND APPETIZERS WILL BE SERVED BY **SMOKED ON 3RD**



ARTISTS

Lloyd Beckman • Marianne Biagi • Sharon Boyles • Theresa Brandon • Rick Brant • Valerie Butcher • Mary Crawford • Jim Cronk • Carol Deibert • Daryl Drennen • Michael Dunbar • Terri Villa Engelkens • JoAnn Frederick • Duane Habben • Andrew Holt • Scott Ide • Dave Johnson • James Johnson • Mary Katos • Adam Kuehl • Phillip Maxfield • Michelle Mendoza • Pat & Sharon Moore • Yolanda Moreo • David Moshure • Everett Pannier • Fran Plude • Richard Prestley • Leah Richter • Wendy Sanders • Kurt Schmidt • Vernon Schaver • Leland Sedig • Greg Steele • Suzanne Stewart • Joe Stuart • Gary Taylor • Kelli Thompson • Joan Vander Bleek • Sara Vanderkleed • Jan Carleen Villarreal • Ed Wade • Terri Wells • Jimmy Wilson • Charles Yost • Sandy Zilz

Art from **The Loft On Main** is on display until mid-September.
A portion of the proceeds of any art sold goes to the **CGH Auxiliary** and **The Loft On Main**

OneAmerica Visit

One America will be making an onsite visit to conduct individual appointments on **Thursday, September 5** in the Ryberg Auditorium from **8:30 a.m. to 3:30 p.m.**



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.

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.

2019 CGH Summer Scholars Program Comes to a Close



CGH recently wrapped up its 2019 Summer Scholars Program - a program designed to provide students in our service area with an opportunity to explore the health care field. Over the last two months, this year's participants had the opportunity to work one-on-one with CGH physicians, while also attending lectures about careers in the health care field and rotating between our various medical departments. The 2019 program concluded with a luncheon, where each of the students described the research project they worked on and/or completed while at CGH. Thank you to this year's Summer Scholars (pictured at left, L-R): **Kylie Babin-Howard, Zaina Rumbolz, Morgan Mandrell and Dulce Lemus.**

We hope you enjoyed your time at CGH and hope to see you again someday!

Aloha Wednesdays



It's almost impossible not to smile when you see someone wearing bright and colorful Hawaiian shirts, as demonstrated by CGH Main Clinic front door attendants (from left to right): Rob Henson, Butch McNinch and Mark Gerlach!

These men celebrate "Aloha Wednesdays" all summer long, as they greet and assist our patients at CGH Main Clinic.

Thank you for the extra laughs and smiles you bring to our patients, and for your ongoing commitment to providing exceptional care!

CGH Health Foundation Meat Sale Pick Up Reminder

CGH Health Foundation Employee Committee meat sale orders need to be picked up on **Friday, August 16** from **4 to 6 p.m.** at The Butcher Shop, located at 3309 W. Rock Falls Rd. in Rock Falls.



**CGH Ways to Wellness
Chronic Illness Support Group**

Focused on Positive Coping with Chronic Health Conditions



**Pain,
Life Changes
and
Relationship
Building**



Presented by:
**Christine
Romesburg,
MHP**

CGH Ways to Wellness
Care Coordinator

RSVP to Christine at

- 815.625.4790, ext. 1916 (office)
- 815.440.3574 (cell)

• or visit
[www.cghmc.com/
calendar](http://www.cghmc.com/calendar)

The CGH Chronic Illness Support Group is held the first Monday of each month and is provided as a service of the CGH Health Foundation in partnership with Sinissippi Centers.

Monday, August 5

11 am - Classroom 2

CGH Medical Center, 100 E. LeFevre Rd.

Are you or someone you love living with a chronic illness? If so, it can make day-to-day life difficult. From hygiene, to cooking, to relationships, to sleeping, it can touch every single part of life. Join others who understand some of the challenges that come with having an ongoing illness as we discuss ways to help you cope with the pain, overcome life changes and build relationships with those around you.

Refreshments will be served.



SINISSIPPI CENTERS



Hospital Happenings

Blood Pressure and Blood Sugar Screenings

Screenings are held on the first Thursday of the month (**September 5**) from **8 to 9:30 a.m.** in the CGH Main Clinic lobby; second Thursdays (**August 8, September 12**), from **11:30 a.m. to 1 p.m.** in the CGH Medical Center lobby; third Thursdays (**August 15, September 19**), from **3 to 4:30 p.m.** at County Market in Sterling; and third Fridays (**August 16, September 20**) 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. Lunch is 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 Sherry Prescott 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.



Shoe Roads Productions



CGH Auxiliary Shoe Sale

August 5 7am-4pm

August 6 7am-4pm

In Ryberg Auditorium

Shop Online BEFORE the Sale!
Visit www.shoeroadsproductions.com

Payroll Deductions Available

CASH, CHECK, VISA, MasterCard, DISCOVER, AMERICAN EXPRESS, Apple Pay

Mens and Womens Ugg Boots...
Klogs...Dansko...Alegria...Vera Bradley!

Logos, Favorite Sports Team Logos, Etc.

New! Hand
Painted Shoes!



Healthy Nurse Healthy Nation Employee Farmer's Market



For our August Healthy Nurse Healthy Nation activity, we are looking for employees that would be interested in participating in an on-site Farmer's Market on Tuesday's in August.

If you are interested in contributing any produce from your garden, please contact Sherry DeWalt at ext. 5716 or via email at Sherry.DeWalt@cghmc.com.