



Communique

August 29, 2019

A CGH Medical Center Publication

In This Issue:

- Sixth Annual Delicious Designs Looking for Superheroes
- Baby-Friendly Celebration
- Healthy Nurse Healthy Nation August Winner
- CGH Auxiliary Gift Shop New Fall Merchandise
- CGH Spirit of the Heart Staff/Volunteer Art Show
- Thank You
- Superhero Strong Shirt Sales
- Sue Turner Retirement
- Sterling Police Department Running of the Bears
- Update on "Kids Count... Superheroes Wanted" Campaign
- September Birthdays
- Ways to Wellness Chronic Illness Support Group
- Hospital Happenings

Sixth Annual Delicious Designs Looking for Superheroes

Women battling breast cancer are much like superheroes – they possess extraordinary powers and tackle evil with courage. These Sauk Valley superheroes will be celebrated Thursday, October 17 during the sixth annual Delicious Designs fundraising event at Deer Valley Country Club.

"Superheroes Wanted" will also honor local children receiving therapy at the newly-expanded CGH Pediatric Rehab Center.

The goal is to raise \$30,000, to be split between the Foundation Women's Health Program and the Peds Rehab Center. Cost is \$30 per ticket. Doors open at 5 p.m., with heavy hors d'oeuvres served throughout the night.

"Our breast cancer survivors and the youngsters who have received physical, occupational and speech therapy at the Peds Rehab Center have turned their challenges in life into personal power," said event Co-Chairs Starr Coleman and Susanna Riley. "Our event is all about inspiring these women and kids to see the superhero inside themselves, and to show that the rest of us are their superhero sidekicks, supporting them along the way."

A new feature is a Wish List Silent Auction. Items needed by the Pediatric Rehab Center and Women's Health Program will be listed and bidders can "sponsor" the items with their donation. For instance, a bidder could purchase a pediatric therapy toy for \$50 or a breast cancer pamper bag for \$50.

Fantastic experience/getaway packages will be featured in the Live Auction. Grab a mystery bottle of wine/spirits or a gift card in the three Pulls, from \$20 to \$30 per chance. There will be a Silent Auction as well. Make room for one of the delectable Dessert Auction delights.

Superhero costumes and capes welcome! For tickets, go to www.cghmc.com/tickets or call Starr Coleman, 815/441-9623; Susanna Riley, 815/441-8170; Jamie Hay, 815/631-1240; Marcy Lawrence, 815/716-0989; Nancy Lauritzen, 815/441-1524 or Joan Hermes, 815/625-0400, ext. 5672.



Breast cancer survivors and CGH Pediatric Rehab Center patients will be honored at Delicious Designs on October 17.

Baby-Friendly Celebration



Pictured above (L-R): Cami Kutz, Amy Kutz, Kaitlin Brown, Vanessa Simonton, Melissa Cassens, Debora Beveroth, Dr. Warren Cannell, Jennifer Behrens, Kristie Geil, Kathy Milby and Heather Musselman.

The CGH Birthing Center held a celebration for their designation as a Baby-Friendly birth facility on Thursday, August 8. Staff from the Birthing Center, OB/GYN and Pediatric offices were treated to breakfast and lunch.

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.



CGH Spirit of the Heart Staff/Volunteer Art Show

CGH Spirit of the Heart Art Gallery is again excited to open artist applications to our staff and volunteers, as well as to immediate family members of employees and physicians!



Please fill out an application, which can be downloaded at <https://www.heartbeatcgh.com/art>, and return it to the Marketing mailbox, or email to info@cghmc.com or dana.mccoy@cghmc.com by **Wednesday, September 4**. Up to 4-5 pieces of artwork may be entered into the show.

We will hang the show September 16 and it will run through November.

Healthy Nurse Healthy Nation August Winner



Thank you to all that participated in the HNNH activity for August.

Penny Avila (Patient Access) donated produce from her garden to the CGH Employee 2 Employee Farmer's Market and she won the drawing for a \$100.00 gift certificate from Selmi's Farm Market. Look for this event to be held again next summer.



Thank You

We would like to thank everyone for the cards, words of condolence, and prayers for our father (grandfather), Joseph Lewandowski. Living to the age of 94 he was able to touch so many lives in the Clinic and in the Hospital. Regardless of how much pain he was in, he always had a positive attitude and a joke for anyone he met. He will be missed.

Judy Hammett, Clinic Patient Financial Services/HIM
Chris Lawson, Clinic Patient Financial Services
Tyler Lawson, Quality Resources
Michele Schueler, Dermatology

Superhero Strong

Cash/Payroll Deduct & Carry Shirt Sales

Tuesday, Sept. 10
7 am-9 am & 11 am -1 pm

Tuesday, Sept. 17
11 am-1 pm

Thursday, Sept. 19
11 am-1 pm

Tuesday, Sept. 24
7 am-9 am & 11 am -1 pm

All sales in Classroom 2



CGH Health Foundation
Your partner in good health

Off-site clinic employees, please interoffice or email your payroll deduct/order forms to Ashley Nares, Main Clinic Surgery or Amanda Blaine, Foundation. We will interoffice your order back to your office.

If you work onsite at CGH, please plan to come to one of the onsite sales.

\$20 T-Shirts (S-XL)

\$27 Long Sleeve Shirt (2XL-3XL)

\$22 T-Shirts (2XL-3XL)

\$30 Crew Neck Sweatshirt (2XL-3XL)

\$20 Women's Cut T-Shirts (S-XL)

\$34 Crew Neck Sweatshirt (2XL-3XL)

\$22 Women's Cut T-Shirts (2XL-3XL)

\$35 Hoodie (S-XL)

\$25 Long Sleeve Shirt (S-XL)

\$39 Hoodie (2XL-3XL)

Cash, Check and Payroll Deduct accepted

All proceeds go towards the CGH Health Foundation Women's Health Program.

Sue Turner Retirement

Sue Turner, LPN in Main Clinic Cardiology, is retiring tomorrow, August 30 after 33 years of loyal service!



During her tenure at CGH, Sue has worked in Cardiology, Neurology, Cardiac Rehab; on Medical floor; and has performed EEGs and Holter scanning. Sue's plans for retirement include spending time with her granddaughter, daughter and son-in-law, husband, dog, as well as devoting time to reading and sewing.

Congratulations on your retirement, Sue!

Campaign Update

"Kids Count...Superheroes Wanted"

Don't forget to make your pledge to the 2019 CGH Health Foundation Annual Appeal campaign which is devoted to helping area kids receive physical, speech and occupational therapy. Just over 800 individuals, business, clubs and organizations have contributed, with \$189,804 being raised to date toward the \$400,000 goal.

Payroll deduct is the most popular way to donate and the form is available on Lifeline under Quick Links, CGH Health Foundation, choose Pledge Card. Your pledge would begin on the November 26 paycheck.

"Our focus project is to raise \$50,000 for the newly expanded CGH Pediatric Rehab Center," said Lindsey Fiorini and Geoff Wright, co-chairs of the CGH Employee Division Committee. "There are 15 other programs impacting kids and adults in the Sauk Valley which will be funded and all dollars stay local."

Payroll deduct is the most popular way to donate and the form is available on Lifeline under Quick Links, CGH Health Foundation, choose Pledge Card. Your pledge would begin on the Nov. 26 paycheck.

"You could also support our special events that we host throughout the year, including the October 17 Delicious Designs fundraiser," said Lindsey and Geoff. "Attend the event or sponsor a table for cancer patients and their loved ones."

For more information, contact Joan Hermes, ext. 5672.



Sterling Police Department Running of the Bears



President and CEO Paul Steinke presented Sterling Police Department Detective Sergeant Todd Messer (center), Youth Officer Kyle Wyckstandt and Community Service Dog Brinkley with a check for \$500 for the 2nd Annual Running of the Bears event to benefit Special Olympics of Illinois. The event will be held on Saturday, September 14 from 10 am to 12 pm. For more information about the event, contact the SPD at (815) 632-6613.

September Birthdays

- | | |
|-----------------------|------------------------|
| 1 Anna Austin | 14 Marla Rhodes |
| 1 Joanna Babi | 14 Emily Shearer |
| 1 Brandy Galvan | 15 Kaitlin Brown |
| 1 Mary Gerken | 15 Kevin Harshman |
| 1 Casey Lafrentz | 15 Vanasha Jones |
| 1 Logan Miller | 15 Chassity Rayhorn |
| 1 Sherilyn Winstead | 16 Lissett Ramirez |
| 2 Julissa Perez | 17 Tracy Boyle |
| 2 Nancy Shank | 18 Alaina Burflow |
| 2 Michael Straub | 18 Nadejda Dillon |
| 3 Nathan Ackert | 18 Jaclyn Ditzler |
| 3 Cheri Blair | 18 Kimberly King |
| 3 Russell Blase | 18 Vinh Nguyen |
| 3 Mary Nelson | 19 Erika Adams |
| 3 Cristina Quinn | 19 Pamela Capp |
| 3 Cherish Rhodenbaugh | 19 Teresa Cramer |
| 3 Samantha Soleta | 19 Catherine Roux |
| 4 Heidi Brown | 20 Kayla Bland |
| 4 Christopher Fry | 20 Cordus Easington |
| 4 Trisha Harden | 20 Chad Hartman |
| 4 Nicholas Olds | 20 Teresa Stout |
| 4 Nora Serrano | 21 Judy Coppotelli |
| 4 Denise Wooden | 21 Brooklynn Freas |
| 5 Jane Duffy | 21 Carol Garcia |
| 5 Paula Duncan | 21 Amy Hicks |
| 5 Gayle Ledford | 21 Amanda Michel |
| 5 Heather Loftus | 21 Jennifer Porter |
| 5 Victoria Magana | 21 Vanasia Vaughn |
| 6 Chelsi Blair | 22 Kaitlyn Bussie |
| 6 Tearra Gallentine | 22 Andrew Cruse |
| 6 Roxane Gluff | 22 Linda Lightner |
| 6 Brianne Hamstra | 22 Kathleen Milby |
| 6 Crystal Hughes | 22 Elizabeth Mock |
| 6 Cynthia Hughes | 22 Lirije Tefiku |
| 6 Jouquenia Johnson | 22 Shirley Wolford |
| 6 Tara Mackey | 23 Emma Haak |
| 6 Korinna Ramirez | 23 Tara Jackley |
| 7 Carlie Bauer | 23 Jeffrey Lemay |
| 7 Janine Fischbach | 23 Nirmal Varma |
| 7 Christine Lawson | 24 Dana Carroll |
| 7 Megan Parkinson | 24 Jordanna Devine |
| 7 Penny Smit | 25 Mackenzie Foy |
| 7 Marjorie Wiley | 25 Tiffany Manzano |
| 8 Sherry Cushing | 25 Laurie Terry |
| 8 Lacy Hamstra | 25 Kaitlin Vandermyde |
| 8 Ashley Reed | 25 Brooke Witmer |
| 9 Kayla Ackert | 26 Alyson Bush |
| 9 Chelsey Vetter | 26 William Gallentine |
| 10 Wes Bittner | 26 Melissa Greschke |
| 10 Janelle Schmitt | 26 Gayle Maupin |
| 10 Connie Stern | 26 Sarah Walls |
| 10 Kelli Vilmont | 26 Beth Warner |
| 11 Penny Avila | 27 Cristina Zavala |
| 11 Shelley Chappell | 28 Kari Folkers |
| 11 Bruce Henson | 29 Ian Eastman |
| 11 Kathy Spillman | 29 Brianna Richardson |
| 11 Nancy Wait | 29 Carrie Rodriguez |
| 12 Alicia Rosas | 29 Randy Scott |
| 12 Becky Straub | 29 Heather Trotter |
| 12 Cynthia Wadsworth | 29 Antonia Weaver |
| 13 Christine Grennan | 29 Dawn Willman |
| 13 Maureen Leal | 30 Kimberly Damhoff |
| 13 Jennifer Olson | 30 Lisa Delgado-Flores |
| 13 Michele Schueller | 30 David Knutti |
| 13 Madison Zellmer | 30 Jason Schneider |
| 14 Jennifer Deetz | 30 LuAnn Stukenberg |
| 14 Lisa Fox | |

CGH Ways to Wellness Chronic Illness Support Group

Focused on Positive Coping with Chronic Health Conditions



Sleep and Physical Activity



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
Sinnissippi Centers.

Monday, September 9

11 am - Classroom 2

CGH Medical Center, 100 E. LeFevre Rd.

Living with a chronic illness can make day-to-day life difficult and can affect both physical activity and sleep quality - two things that are essential components of health. Join others who understand the challenges that you or a loved one may be facing as we discuss how sleep and physical activity can also play a role in managing the symptoms of your chronic illness.

Refreshments will be served.



SINNISSIPPI 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 (**September 12**), from **11:30 a.m. to 1 p.m.** in the CGH Medical Center lobby; third Thursdays (**September 19**), from **3 to 4:30 p.m.** at County Market in Sterling; and third Fridays (**September 20**) at Westwood Fitness & Sports Center from **8 to 9:30 a.m.**



Yoga Class

Yoga class is being offered at 2600 N. Locust on **Mondays** in September, beginning **September 9**, 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.



Save the Date! Scrub Sale, Tuesday, October 1

The Auxiliary sponsored MPG Tandem on-site scrub sale will be on **Tuesday, October 1** in the Ryberg Auditorium. In addition, watch your email for a MPG Tandem Online CGH logo apparel sale coming in September!