



Communique

September 12, 2019

A CGH Medical Center Publication

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CGH EMPLOYEE APPRECIATION HAPPY FALL Y'ALL

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Monday, September 16

Employee Gift

AdCon, Managers, & HR will help distribute the gift to all staff! Distribution will take place out of the Ryberg. All off-site managers are asked to schedule pick-up for their facility as designated below.

Employee Pick-up Times:	Off-Site Manager Pick-up Times:
6:30am - 9:00am	10:00am - 11:30am
11:30am - 1:30pm	
3:30pm - 5:00pm	

Each employee will receive 5 tickets to enter in a drawing for a gift of their choice. Gifts will be on display Monday and Wednesday. You may also e-mail your choices to Patty O'Brien.

Tuesday, September 17

10+ Year Employee Recognition Dinner

At **Brandywine Banquet & Event Center**

Cocktails: 5:30pm - Dinner 6:00pm - followed by presentations.

Invitations have been sent to honorees and their managers for this event.

Wednesday, September 18

Whole House Meal

AdCon and Managers will serve delicious food as a thank you to all staff! Under the Tent in Parking Lot B (*rain plan is in Ryberg*)

(Candlelight Chicken George, with side options)

11:15am - 1:00pm & 9:30pm - 11:00pm. / Offsite meals will be delivered between 11:00am - 1:00pm

Thursday, September 19

Flannel Fun Day, Trivia & Prize Drawings

Wear a flannel shirt, take part in our trivia contest and prize drawings will also be happening throughout the day.

Friday, September 20

Wear your favorite CGH shirt & enjoy afternoon fun (Games and Snacks)

12:30pm - 2:30pm
(Parking Lot B - Under the Tent)

Games include:

Apple Bobbing, Cider Flippy Cup, Pie Eating Contest, Team Charades.

Teams must consist of 4 people.

Please contact Shannon Kuepker in HR to sign up.

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. Please submit artwork to the CGH Auxiliary office tomorrow, **Friday, September 13**, or by **9 a.m.** on **Monday, September 16**. Up to 4-5 pieces of artwork may be entered into the show.

We will hang the show on Monday and it will run through November.

Volunteer Opportunity

RECRUITING VOLUNTEER SHUTTLE DRIVERS!

New Main Clinic Service
Coming Soon!



Do you enjoy driving a golf cart and helping your community? If so, we have the perfect volunteer position for you! A new shuttle service for the CGH Main Clinic is in the works, and we're looking for drivers. Let us know if you, or anyone you know, may be interested! Contact Deb Keaschall at (815) 625-0400 ext. 5727 for more information.

United Way 2019

CGH Medical Center and our employees have been long time supporters of the United Way of Whiteside County. The annual United Way Agency Fair at CGH will be on **Friday,**

**United
Way**



November 1 in the Ryberg from **7 a.m.** to **1 p.m.** More information about that will be sent out at a later date.

There are other ways that you can support the campaign and help raise money for the 34 local agencies that United Way supports. This includes several Dine United events during September where you can get a good meal and a portion of the food proceeds will be given to the United Way. The next Dine United event is at Culver's in Rock Falls on **Tuesday, September 17** from **5 to 8 p.m.**

On **Monday, September 30** there will be an exciting Football Legends Live event featuring Chicago Bears legend Dan Hampton and football analyst Hub Arkush. This event is a collaborative fundraiser with the United Way of Lee County brought to us by Shaw Media and will take place at the Brandywine Banquet Center from **6 to 8 p.m.** Tickets for this event are \$30 in advance and \$35 at the door. There is limited availability so get your tickets early. There will be food provided by Brandywine, an autograph/photo session with the legends, and a presentation by Dan and Hub. You can purchase tickets at the United Way office or call them at 815-625-7973. You can also purchase tickets online at <http://tinyurl.com/danhampton>.

Finally, come out to the annual Chili Cook-off on **Saturday, October 5**. You can taste several different chili offerings including one from our very own CGH team.





AUTUMN EDUCATION EVENT

EMERGENCY MANAGEMENT FAIR

WEDNESDAY, SEPTEMBER 25TH
 CLASSROOMS 1, 2 + RYBERG AUDITORIUM • 7AM - 5PM

The fair will have stations designed to showcase various aspects of CGH's Emergency Management Operations Plan and staff response in order to help CGH staffers understand their role in Emergency Management.

STATIONS:

- Communications
- Labor Pool/Automesenger
- Security/Workplace Violence
- HazMat/SNS
- Highly Infectious Disease
- Emergency Kardex
- Evacuation
- Patient Tracking
- Main Clinic/Off-sites
- Fire Extinguisher Demo **NEW THIS YEAR!**
- Zumro Tent

ATTENDANCE AND DOCUMENTATION OF ALL ACTIVITIES WILL COMPLETE CGHMC 2019-20 EMERGENCY MANAGEMENT MANDATORY TRAINING MODULE.

Superhero Strong

Cash/Payroll Deduct & Carry Shirt Sales

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



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.

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|-------------------------------------|-------------------------------------|
| \$20 T-Shirts (S-XL) | \$27 Long Sleeve Shirt (2XL-3XL) |
| \$22 T-Shirts (2XL-3XL) | \$30 Crew Neck Sweatshirt (S-XL) |
| \$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.

September New Employees



Front Row (L - R): Jennifer McCallister (Housekeeper I, EVS); Aubrie Kindle (HUC/CNA, Home Infusion/Home Nursing); Carmen Nunez (CNA, Wound Center); Abigail Phelps (Registration Clerk, Patient Access)

Back Row (L - R): Ethan Wittenauer (Delivery Driver, Materials Management); Alex Perepelkin (MRI Technologist, MRI); Alyssa Holden (General Secretary, Lab); Sue Volz (CNA, Float - Clinic); DezeRae Gladhill HUC/CNA (Emergency Department); Brandi Taylor (EKG Technician, Cardio Lab); Christy Settles (HUC/CNA, Surgical Floor)



Front Row (L - R): Mandy Moesch (Phlebotomist, Lab); Lindsey Montross (Pharmacist, Pharmacy); Madison Schlegel (Check-In Representative, Business Services); Kelli Jepson (Nurse Practitioner, Family Medicine - Rock Falls)

Back Row (L - R): Olivia Kenney (CNA, Critical Care Unit); Belinda Moy (Pharmacist, Pharmacy); Cari Halverson (Surgical Scrub/Sterile Processing Technician, Central Sterile); Sierra Serrano (Laboratory Assistant, Lab); Nikki Mariel De Oca (CNA, Surgical Floor); Josh Koehler (Skilled Maintenance Engineer, POM)

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.



SEPTEMBER 2019

Employee of the Month



Julie Hummel
RN, Occupational Health
Case Management, Clinic



I live in: Dixon

Joined CGH on: June 17, 1991

Education: Associate's Degree in Nursing

Family: Daughters, Sara, Sammi and Kelli; grandsons, Beau and Aidan

Proudest Achievement: Raising my family and becoming a nurse

Hobbies: Cooking, reading and traveling

Julie is always respectful and professional. She truly cares for the patient, co-workers and anyone she encounters. She always has a smile on her face which leads to a positive work environment. We are very blessed to have Julie part of our CGH Team!

~ Clinic Administration Team: Becky Foy, Jodie Gaffey, Cindy Wadsworth, Sherry Lamendola, Beth Warner, Sarah Hadley, Mary Loft, Maureen Francque, Katie Morris and Sabrina Pietsch

We congratulate her on being chosen September's Employee of the Month.

Purpose, Worthwhile Work, Making a Difference!

Hospital Happenings

Yoga Class

Yoga class is being offered at 2600 N. Locust on **Mondays** in September 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 soon!

Blood Pressure and Blood Sugar Screenings

Screenings are held on the first Thursday of the month (**October 3**) from **8 to 9:30 a.m.** in the CGH Main Clinic lobby; second Thursdays (**October 10**), from **11:30 a.m. to 1 p.m.** in the CGH Medical Center lobby; third Thursdays (**September 19, October 17**), from **3 to 4:30 p.m.** at County Market in Sterling; and third Fridays (**September 20, October 18**) at Westwood Fitness & Sports Center from **8 to 9:30 a.m.**



National Health Care Environmental Services Week

We Are Environmental Services™

Each year, National Health Care Environmental Services Week is the opportunity to show appreciation and recognition for the extraordinary teamwork required to care for the complex health care environment. The clinical and support services teams all depend on the critical, yet often unsung role that Environmental Services plays in maintaining a quality patient care environment in our hospital and clinics. This year National Health Care Environmental Services Week was celebrated Sunday, September 8 through Saturday, September 14.

On behalf of the leadership team and staff at CGH, we appreciate all of your hard work and are proud of our entire EVS team! We Are Environmental Services! Keep up the great work!