



# Communique

October 10, 2019

A CGH Medical Center Publication

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## Dietary's Charlie Mighell Wins Individual Achievement Award from BEST (Business Employment Skills Team, Inc.)

CGH Dietary employee, **Charlie Mighell**, was recently honored with an Individual Achievement award from the BEST (Business Employment Skills Team, Inc.) at a luncheon in Springfield.

In December 2017, Charlie came to us through the BEST program. Charlie was in high school at the time and had no employment experience. We partnered with staff from the BEST program to help Charlie secure a job in the Dietary department, build confidence, and acquire basic job skills.

Charlie did such a good job at work that Kerensa Pink, CGH Director of Food and Nutrition Services, called BEST to ask if she could expand Charlie's duties.

She felt that if he could continue to learn new duties that she would be able to consider him for permanent hire. Charlie was very appreciative and enthusiastically started to learn new duties and take on new responsibilities.

Upon graduating from high school in May 2018, Charlie decided that CGH was where he wanted to stay. The agreement between CGH and BEST was extended to give Charlie the additional time needed to further prepare him for permanent employment. He continued to master the many varied duties in the Dietary department and his work habits were outstanding.

"Charlie proved to be a hard worker, had a desire to learn, and clearly wanted to do a good job," said Kerensa. "Charlie was officially hired on as a CGH employee in August 2018. Charlie continues to grow in his various jobs within Dietary, and he is a great team member to have on staff!"

Charlie's mentors from BEST wanted him to be recognized for his success, and nominated him for the award. Not only did he win the award at the local level, but Charlie also won the Individual Achievement Award at the state level!

"Things are going great at CGH and I just love it here, remarked Charlie. "Thanks for giving me this opportunity to really put my life together".



*Pictured from L-R are John Rico, Illinois Workforce Innovation Board (IWB); Charlie Mighell, CGH Food & Nutrition Assistant; Co-Chair Charles Michael Negron, Assistant Director, Department of Commerce; Lisa Bly, Illinois Workforce Partnership (IWP) Vice-President; and Michelle Cerutti, Illinois Workforce Partnership (IWP) President.*

# Employee Flu Vaccines

Flu season is around the corner!

Protect yourself and your family this season with an annual flu vaccine for everyone in your family who is 6 months of age and older. While the timing of flu season is unpredictable, seasonal flu activity can begin as early as October and last as late as May. CDC recommends that people get vaccinated by the end of October, if possible.

So, get your flu vaccine today! It takes about two weeks after vaccination for antibodies to develop in the body that protect against influenza virus infection.

You have the power to protect your family against flu this season. Get yourself and your family a flu vaccine. Fight flu!

## Employee Flu Vaccines

- Friday, October 11  
12-1:30 p.m. Employee Pharmacy
- Tuesday, October 15  
10-11 a.m. Flu Cart on the Move, Main Clinic, Business Services, Accounting, Health Information
- Wednesday, October 16  
11 a.m. - 12:30 p.m. OR Conference Room
- Thursday, October 17  
1-3 p.m. Flu Care on the Move, Main Clinic 3rd Floor
- Tuesday, October 22  
6:30-8 a.m. Internal Medicine, Main Clinic, 1st Floor
- Thursday, October 24  
5-7 p.m. Internal Medicine, Main Clinic, 1st Floor

## Employee walk ins are also accepted at the CGH Main Clinic Flu Clinic:

- Monday-Friday, October 14-November 1  
8 a.m.-4:30 p.m. Internal Medicine, Main Clinic, 1st Floor



# Healthcare Food Service Workers Week



In October 1989, President George Bush announced the first annual "National Health Care Food Service Week," to observe the contributions of professionals in the health care food service industry. The week of observation, October 6-13, reaches out to professionals such as chefs, dietitians, and food service staff who not only keep waistlines in check, but who provide delicious and health conscious meals for health care facility patients and staff.

From the preparation to the delivery of foods at CGH, our Dietary department professionals often work behind the scenes, but play an integral role in the nourishment of staff and patients. **Thank you to our Dietary staff for all that you do!**

# CGH Stands Up to CAUTI

CGH recently celebrated six months without a CAUTI at nursing unit meetings.

Catheter-Associated Urinary Tract Infections (CAUTI) are the most commonly reported hospital-acquired condition, and the rates continue to rise.

More than 560,000 patients develop a CAUTI each year, leading to extended hospital stays, increased health care costs, and patient morbidity and mortality.



Pictured from L-R are Debora Beveroth, Kayla Ackert and Amy Kutz from OB.

# SAVE THE DATE!

## CGH Health Foundation Fall Bake Sale

Wednesday, October 30  
7 a.m.-1 p.m.  
CGH Ryberg Auditorium

Let Barb Brady (ext. 3223) or Amanda Blaine (ext. 5575) know if you can donate to the bake sale.

All proceeds benefit the CGH Health Foundation Women's Health fund.



## Humane Whiteside County Comes to CGH

The Emergency Department recently cared for a patient with a comfort dog. When the patient needed to be transferred, the staff had to explore ideas to board the dog. Some staff discussed volunteering to keep the dog for the patient, however it was determined the dog would be better off kenneled.



Staff contacted **Mark Razo** (Emergency Department) who was working and is the President of Happy Tails Humane Society. Mark contacted Whiteside County Animal Control and they graciously came to the ED and agreed to board the dog for free until the patient is back home.

Humane Whiteside County is a collaboration between Happy Tails Humane Society, Whiteside County Animal Control, and other county agencies. **Paws up to everyone who helped this sweet dog and his owner!**

## Caring Fund Scholarships



Congratulations to **Kiana Aude** (Diagnostic Imaging) and **Morgan Pope** (Pediatrics), winners of the CGH Employee Caring Fund Scholarships for the fall semester. Kiana works as a Patient Transporter in Diagnostic Imaging and Morgan works as a Health Unit Coordinator/CNA in the Float department at the hospital.

## United Way Fair

United Way



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**,

**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.

## Emergency Management Fair



**Thank you to all who attended the 2019 Emergency Management Fair on Wednesday, September 25.**

We had a total of 310 attendees who visited nine indoor stations with information on communications, security/workplace violence, haz mat, patient tracking, highly infectious diseases, evacuation, Main Clinic/off-sites, etc.



New this year was a demo of the Zumro tent which can be used for decon, triage, etc., as well as Twin City Fire staff to educate on safely putting out fires. **Thanks to all who participated and to those who gave of their time to educate their fellow CGHers.**

## Haz Mat First Receivers Class

Mercy Health presented the OSHA Haz Mat First Receivers class at CGH on October 1. Fourteen ED, EVS and EMS staff completed the 8 hour course, and 3 completed the 4-hour recertification.

The course consists of 4 hours didactic, and 4 hours of practical education which includes donning and doffing haz mat suits as well as setting up and taking down the Zumro tent.



OSHA



# OCTOBER 2019

## Employee of the Month



**Kelly Escamilla**  
Respiratory Care Practitioner  
Respiratory Care



**I live in:** Sterling  
**Joined CGH on:** December 16, 2002  
**Education:** Independence University  
**Family:** Husband, Tory; daughters, Hannah (21) and Reese (9); and son, Easton (7)  
**Proudest Achievement:** My children  
**Hobbies:** Exercising; online shopping; outdoor activities with my family; drinking coffee; and DIY projects with my Dad

Kelly is a very kind, thoughtful and hardworking respiratory therapist. She is often observed consoling a patient at the bedside. She goes above and beyond her duties as a respiratory therapist, and has been known to drop everything she is doing to help someone else.

Kelly recently spent several hours helping a patient with financial difficulties with the process of obtaining a medical device that he could not afford. She always makes sure the patients and families have what they need before she leaves the room. We are very happy to call her our co-worker and friend.

~ Tricia Skutt, Michelle Daehler, Heather Trotter & Rebecca Tieman

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

*Purpose, Worthwhile Work, Making a Difference!*

### Hospital Happenings

#### Breast Health In Service

**Dr. Eliona Corrigan** and **Erika Adams, RN, BSN, CN-BN** will be presenting a Breast Health In Service for employees on **Tuesday, October 22** from **12-1 p.m.** in the Ryberg Auditorium. Lunch will be provided by the CGH Health Foundation. Please RSVP to Sherry DeWalt via email or phone at ext. 5716.

#### Blood Pressure and Blood Sugar Screenings

Screenings are held on the first Thursday of the month  
**(November 7)** from **8 to 9:30 a.m.** in the CGH Main Clinic lobby; second Thursdays  
**(November 14)**, from **11:30 a.m.** to **1 p.m.** in the CGH Medical Center lobby; third Thursdays  
**(October 17, November 21)**, from **3 to 4:30 p.m.** at County Market in Sterling; and third Fridays  
**(October 18, November 22)** at Westwood Fitness & Sports Center from **8 to 9:30 a.m.**



#### Yoga Class

Yoga class is being offered at 2600 N. Locust on **Monday, October 14** 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.



### United Way Chili Cook Off



**Thank you to the CGH Team for participating in the United Way Chili Cook Off on Saturday, October 5!**

The CGH team included from left to right:  
**Peggy Montgomery** (Transcription),  
**Vicki Velasquez** (Transcription),  
**Katrina Ruchotzke** (HIM) and **Matt Reed** (IT).