



Communique

November 21, 2019

A CGH Medical Center Publication

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6th Annual Healthy & Bright Holiday Lighting

Thank you to all who attended our 6th Annual Healthy and Bright Holiday Lighting Ceremony on Tuesday, November 12. Special thanks to the CGH Auxiliary for sponsoring the lights, and to the Sterling High School Madrigals for their festive entertainment.

There are more than 50,000 exterior holiday lights on the CGH campus that are helping to spread holiday spirit . . . not only to our patients and their families, but also to our community. This year, lights were also added to the CGH Downtown Medical Center.

Also new this year, the CGH Auxiliary added the *Bright Lights for Bright Memories* program for recognizing those who make our lives a brighter place. For any donation amount, the names of loved ones were read during CGH's annual holiday lighting ceremony. Below are this year's donations that are helping to fund the lights that shine around CGH all holiday season.



Dr. Paul Steinke, President & CEO, counts down during the ceremony.

IN LOVING MEMORY OF:

Name

Vernon "Babe" Baumgardt
Richard Beyer
Ralph & Ann Chapman
Paul Wayne Cooper
Arnold Delgado
Aurora Delgado
Julian Delgado
Francis Dettman
Cheryl Fowler
David Green
Ross Johnson, Sr.
Helene Kilchrist
Lola Knutti-Baumgardt
Marv Knutti
Brianna Menchaca
Shirley Nice
Shirley Nice
Shirley Nice
Colton Weston Parker
Hazel Penn
Veryl Richter
Martin Rodriquez
Clifford Rugh
Kyson Porter Sabin

Donation By

Dave Knutti
Beth Warner
The Chapman Family
David & Joanne Cooper
Yolie Fowler
Yolie Fowler
Yolie Fowler
Conni Holder
Jeff & Yolie Fowler
Rebecca, Faith & Tyler Green
Kim Reinhardt
Tanja Gruber
Dave Knutti
Dave Knutti
Kathy Milby
Elwyn W. Nice
Pamela S. Nice
Jeff & Judy Meinsma
Gaylen, Cherie & Cortney Parker
The Chapman & Penn Families
Stuart Richter
Maria Riggs
Keith & Janette Rugh
Karla Munson

IN HONOR OF:

Name

Donald & Lorraine Hand's
68 Years of Marriage
Taylor & Hendrix Kobbeman

Donation By

Mary & Terry Gerken
Pat Estes

IN GRATITUDE FOR:

Name

Clifford Rugh for Time Served
in the Air Force
CGH Volunteers

Donation By

Keith & Janette Rugh
Deb Keaschall



The Sterling High School Madrigals provided entertainment.

DeLange Scholarship Deadline

Applications for the fall semester for the CGH Health Foundation James DeLange Textbook Scholarship are due Friday, December 13.

Grants are awarded three times yearly, up to \$300. All full- and part-time CGHers are eligible as long as you have been here for at least a year.

The application is available on Lifeline under CGH Health Foundation Scholarships or by emailing Joan Hermes. Individuals can apply each semester, but can only receive funding once per year.

Call Joan at ext. 5672 for more information.



What HTP Means To Me

The Health Transformation Program started for me in January. From that moment till now, my life has literally been transformed. During the program, we learn what food and movement are, what they do, why we need them or why we don't, and how to make them work for us instead of against us. We are thoroughly educated on the roles that food and movement have in our daily health and how using these two things wisely can lead to great fulfillment. We learn skills, tricks, and tips to make healthier choices so that we can live our lives to the fullest. We learn where excuses can be found and where the truth gets lost.



*Sandi Ryan
Business Services*



Sherry DeWalt and Bryan Frederick are the current Life Coaches for this program. What these two also bring to this powerful program is an environment of caring. There is no judgment here. There is no focus on failure or lack of progress. There is concern for our well-being. There is kindness, compassion, and trust. And cheerleading... oh yeah, there is definitely that! There is support on so many, many levels. In my opinion, this is a very empowering program and I would recommend it to everyone that seeks to unlock one of many keys to success for a healthier, happier life.

For information on enrolling in HTP, contact Sherry at ext. 5716 or Bryan at 1057.

November New Employees



Front Row (L - R): Bethany Schmitt (Receptionist, Polo Clinic); Ellie Evenson (Phlebotomist, Laboratory); Maddie Dose (Phlebotomist, Laboratory)

Back Row (L - R): Chris Benson (EMT-B, Pre-Hospital); Fee Weitz (Housekeeper I, EVS); Tiffany Bowser (Radiologic Technologist, DID); Mindy Brainerd (Physical Therapy Assistant, Physical Therapy); Jen Brubaker (Phone Representative, Business Services)



Front Row (L - R): Kristina Koehler (Cashier, Patient Accounting); Ally McPhillips (CNA, Float-Clinic); Craig Vander Molen (MRI Technologist, MRI); Annabelle Chattic (RN, Pediatrics/Observation Unit)

Back Row (L - R): Brandon Althiser (BioMed Technician, BioMed); Carolyn Smoot (Clerk Receptionist, DID); Katyn Parrott (CNA, Float-Hospital); Cassandra Trickel (CNA, Ready Care); Kim Cook (RN, Medical Floor)

BLOOD DRIVE

CGH Medical Center

Thursday, December 5

**9:30 am to 7:00 pm in the Ryberg Auditorium
(100 E. LeFevre Rd., Sterling)**

**Call Michelle at 815-625-4790 x6879
or Connie at 815-625-0400 x5425 to sign up**



Bring Photo I.D.
Please eat before donating.
Last Date to Donate Elsewhere: October 10

**CHANGE THE WORLD
BE THE GIVING TYPE**

All presenting donors will receive a voucher to redeem this T-shirt!



GIVE BLOOD, SAVE LIVES!

www.bloodcenter.org

Home Care & Hospice Month

During November, the home care and hospice community honors the nurses, home care aides, therapists, and social workers who make a remarkable difference for



the patients and families they serve. These caregivers play a central role in our health care system and in homes not only in the Sauk Valley, but across the nation. As the preferred choice for most patients, home health care helps many seniors remain independent at home, enrich their lives, and keep in touch with those they love.

"Home care helps the disabled, chronically ill, and elderly remain independent at home for as long as possible," said Mary Jean Derreberry, BSN, RNC, Director of CGH Home Nursing, Pain Clinic & Nursing Professional Development. "Data shows that home health visits can reduce the likelihood of hospital readmission by as much as 25%. We're thankful for our home health team that works day in and day out to allow families to stay together, in the comfort of their own homes." To all of our CGH Home Nursing and Home Infusion staff, thank you for all that you do, today and every day.

Employee Flu Vaccines

Protect yourself and your family this flu 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.



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 Deadline: Sunday, December 1, 2019

Employee Flu Vaccines

- Monday, November 25
3-4:30 p.m. Human Resource Office, Main Clinic
- Tuesday, November 26
5-6 p.m. Cart on the Move, Hospital
- Sunday, December 1
5-6 p.m. Human Resource Office, Main Clinic

NOVEMBER 2019

Employee of the Month



Kay Benavidez
RN
Float, Hospital



I live in: Sheffield

Joined CGH on: September 11, 2006

Education: Military, Nursing and IVCC, Nursing

Family: Significant other, Brian; Children, Jacob (14), Lily (12) and Sam (10)

Hobbies: I like to do everything! I get bored easily. I've learned to do pressure canning, how to make homemade laundry soap and hand soap, and how to quilt. I also taught myself to drywall and re-wire a garage (you can learn anything on YouTube.) What I love the most is raising my children. It really is my favorite hobby of all!

Kay is an exceptional nurse. She is always willing to help others, all with a positive attitude.

She always goes above and beyond with the care of her patients. CGH is very blessed to have a nurse like Kay.

~ Heather Holder, RN, Medical Floor

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

Purpose, Worthwhile Work, Making a Difference!

December Birthdays

- | | |
|------------------------|----------------------|
| 1 Andrea Adeo | 18 Evelyn Villareal |
| 1 Minerva Ferrel | 19 Mirza Omer Baig |
| 1 Heather Holder | 19 Brenda Holldorf |
| 1 Kelly Scott | 19 Toni Ikens |
| 1 Matthew Stemm | 19 Shawna Kester |
| 2 Christina Larson | 19 Laura Leal |
| 2 Kelly McCormick | 19 Heather Moser |
| 2 Eric Mullan | 19 Jennifer Walker |
| 2 Johnna Myers | 19 Matthew Wolf |
| 3 Traci Brown | 19 Diane Yeoward |
| 3 Diana Chumacero | 20 Nichole Blackert |
| 4 Samantha Greer | 20 Elizabeth Falls |
| 4 Chris Peed | 20 Julie Hummel |
| 4 Debra Sigel | 20 Michelle Rogers |
| 5 Jean Biba | 20 Christy Settles |
| 5 Mark Gerlach | 20 Daniel Surdez |
| 5 Patricia Henson | 21 Paula Lucas |
| 5 Kathryn Klett | 22 Colleen Jacobs |
| 5 Austin LeClere | 22 Mathai Karingada |
| 6 Christine Aden | 22 Irena Mendoza |
| 6 Shari Giffin | 22 Manuel Mooney |
| 6 Whitney Phillips | 22 Alisha Wetzell |
| 7 Kate Boyle | 23 Melissa Carew |
| 7 Silvia Favela | 23 Kaci Linton |
| 7 Sean Ryan | 23 Lauren Majeski |
| 8 Jennine Beckmann | 23 Ariana Olalde |
| 8 Rachel Bittner | 23 Ryan Whiteside |
| 8 Mary Jean Derreberry | 24 Jordan Baeza |
| 8 Shelly Houzenga | 24 Jon Berens |
| 8 Chloe Payne | 24 Lynne Coffey |
| 8 Teresa Stark | 24 Heather Eddinger |
| 9 Angel Blazquez | 24 Patricia O'Brien |
| 9 Kathleen Bowman | 24 Marcela Sproul |
| 9 Lorraine Meisel | 24 Dahley Vinson |
| 9 Katyn Parrott | 26 Max Alvarez |
| 9 Jackson Reinhardt | 26 Laurie Davis |
| 10 Ryan Zschesche | 26 Christine Knisley |
| 11 Jordan Mullan | 26 Paige Morales |
| 11 Bethany Schmitt | 27 DezeRae Gladhill |
| 12 Rebecca Green | 27 Matthew Hammer |
| 12 Darlys Heiderscheit | 27 Ariel Maschek |
| 12 Britani Velez | 27 Polly Nobis |
| 13 Kristen Bauser | 28 Gregory Beck |
| 13 Michael Byrd | 28 Holly Hilty |
| 13 Paul Cunniff | 28 Sara Ramage |
| 13 Laura LaCoursiere | 28 Shelli Silva |
| 13 Julie VanAusdal | 28 Loni Ulve |
| 14 Jennifer Kastner | 29 Colleen Lahey |
| 14 Micaela McCoy | 29 Jodi Rank |
| 14 Theresa Murray | 29 Christina Sheley |
| 14 Sabrina Pletsch | 29 Brice Taylor |
| 14 Jessenia Trujillo | 29 Jeffrey Venema |
| 14 Katie Wetzell | 29 Lacey Young |
| 15 Shandi Armstrong | 30 Corinne Abell |
| 15 Kelly Escamilla | 30 Leann Bellini |
| 15 Timothy Ross | 30 Rebecca Beltran |
| 16 Desiree Burke | 30 Darcie Bettner |
| 16 Becky Davis | 30 Melissa Duncan |
| 16 Julie Pope | 30 Kimberly Jordan |
| 16 Danelle Saunders | 30 Yolanda Ramos |
| 16 Haley Staff | 30 Lyndsey Weber |
| 17 Cassandra Sawyers | 31 Sherry Lamendola |
| 17 Megan Schumaker | 31 Cathy Meenen |
| 17 Angie Thompson | 31 Kelly Mitchem |
| 18 Savannah Hewing | |

CGH CARExpress Ready to Ride

Next Stop . . . Great Care! The CGH CARExpress is ready to ride at the CGH Main Clinic!

If you're ever having trouble getting to the clinic from your car . . . or back to your car after your appointment, hop on the CGH CARExpress, courtesy of the CGH Auxiliary!

To volunteer to be a CARExpress driver, visit the CGH Auxiliary office to pick up an application or contact Deb Keaschall at ext. 5727 for more information.



Masquerade

JEWELRY & ACCESSORIES

\$5

FUNDRAISING SALE

Thursday, November 21st 7 am – 6 pm
Friday, November 22nd 7 am – 3 pm

Public
Welcome

Located in the CGH
Medical Center

RYBERG
AUDITORIUM

Questions Contact:
Deb Keaschall
815.625.0400 ext.
5727

Drumstick Dash 5K November 28th @ 8:00AM



Join us for our second annual Drumstick Dash 5k! Get your workout in on Thanksgiving Day by participating in this Holiday 5k! Run, walk or stroll the course! Families and children welcome. Course will start & end on the corner of Ave E & Lynn Blvd on the Fun Jump side. Meet at the YMCA to check in and walk to the starting line.

Register by November 21st to guarantee race T-shirt and goody bag.

Fee: \$10 for an individual
 \$15 for a family (up to 4 people)

We will have early race registration pick up on November 27th from 4-6pm at the YMCA. Day of check in will begin at 7am at the YMCA.

