



Communique

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A CGH Medical Center Publication

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CGH Medical Center Gains CON Approval for New 10-Bed Behavioral Health Unit

CGH Medical Center is one step closer to providing an inpatient behavioral health/psychiatry unit after receiving Certificate of Need (CON) approval from the Illinois Health Facilities and Services Review Board. Certificate of Need (CON) programs are aimed at controlling health care costs by restricting duplicative services, determining whether new capital expenditures meet a community need, and facilitating coordinated planning of facility construction.



CGH Medical Center and community leaders who attended the Certificate of Need Hearing included: (back row, L-R): Ben Schaab, VP and Chief Financial Officer at CGH Medical Center; Diana Verhulst, Executive Director at the United Way of Whiteside County; Patrick Phelan, President/CEO of Sinnissippi Centers; Dr. Paul Steinke, President/CEO of CGH Medical Center; Skip Lee, Mayor of Sterling; Tim Morgan, Sterling Chief of Police; John Booker, Whiteside County Sheriff and (front row, L-R): Cindy Zander, VP Support Services at CGH Medical Center; Sarah Alvarez-Brown, CGH Emergency Department Director; Beth Fiorini, Retired Whiteside County Health Department Administrator; Tammy Nelson, Rock Falls Chief of Police; and Kristie Geil, VP and Chief Nursing Officer at CGH Medical Center.

unit," said Dr. Paul Steinke, CGH President and CEO. "This moves us closer to addressing a critical need in our community to better serve behavioral health patients."

The 10-bed unit, which will be a combination of private and semi-private rooms, will be located on the 2nd floor of the south wing of the hospital. Plans for the unit also include an inpatient detox room on the Medical floor, expansion of the Telepsychiatry program (which is already in place), as well as other area partnerships to support a full-time psychiatrist.

The unit will serve a broad range of patients, including those who suffer from chronic mental health disorders, and those who may have more acute needs such as mood or anxiety disorders, suicidal/homicidal thoughts, or psychotic episodes.

"I am thrilled that CGH Medical Center has been given the Certificate of Need for its Behavioral Health Unit," said Skip Lee, City of Sterling mayor. "For too long those in mental health crises in the City of Sterling have had very limited options for care which would provide long term solutions and family support. I commend the Board and staff of CGH Medical Center for taking on this challenge for the betterment of our community. This unit will serve as a valuable addition to the services currently available and provide much needed support to our first responders as they continue to keep our citizens safe."

"The Whiteside County Community Health Plan indicated that mental health admissions were the most needed service that CGH was currently unable to provide," said Kristie Geil, VP and Chief Nursing Officer. "Following the 2012 closure of several area mental health facilities, we found that we would have to make transfer requests to 30-35 mental health facilities for each patient. Because there is little to no room in each facility, some patients would then be held in observation for 3 to 20 days while waiting for placement. Over half of these patients were then transferred to a facility that was more than 50 miles away from the area. This is obviously very hard for the patient and their family. Our goal is to get these patients the care they need, closer to home, and closer to family."

Preliminary plans include opening the new behavioral health unit at CGH near the end of 2020.

Visitor Restrictions Continue

While pertussis cases in Whiteside County and the surrounding counties are decreasing, influenza activity is on the rise. Per Illinois Department of Public Health, influenza activity continues to increase in the United States and has reached regional activity levels in Illinois. Many counties have experienced high levels of influenza-like illness (characterized as fever of 100°F or higher plus cough and/or sore throat), increases in influenza-related ICU admissions, and long-term care facility outbreaks.



For the health and safety of our community during this influenza season, CGH Medical Center will continue to enforce hospital visitor restrictions.

Until further notice, visitor restrictions include:

- **No visitors under the age of 18 (Special circumstances will require approval of the healthcare team.)**
- **Visitors are limited to 2 adults per patient at any time.**
- **Visitors should not visit if they have symptoms of an acute respiratory illness (fever, cough, sore throat)**

Signs will be posted in lobbies and upon entry to patient care areas advising the visitors and patients of the restrictions. Please assist us in communicating to patients and visitors as questions arise.

Together, we can prevent the spread of the flu in our hospital and our community this season. Thank you for your cooperation and support.

Morrison Christmas Parade



One of our CGH ambulances participated in the 2019 Morrison Christmas Walk and Parade on Saturday, December 7. Thank you to staff that participated!

Hat & Mitten Tree

Thank you to all that have donated to the Hat & Mitten tree in the Main Clinic lobby. More than 200 pairs of mittens and gloves, 100 hats and countless coats have been donated.



We will be continuing to accept donations for the tree. The CGH Employee Caring Fund will also be doing a drive for the tree in January. Look for more information to follow in the coming weeks.

December New Employees



Front Row (L - R): Colin Wyckstandt (Linen Specialist, Laundry); Karli Fischbach (Food & Nutrition Asst, Dietary); Leslie Lackey (PT assistant, PT); Amanda Lattimer (Linen Specialist, Laundry)

Back Row (L - R): Sarah Tribbley (Receptionist/CNA, Float-Clinic); Maggie Springer (PT Aide/Receptionist, PT); Nicolasa Padilla (CNA, Float-Hospital); Teri Krenc (RN, Medical); Micah Trancoso (RN, Medical); Braxtin Chesmore (Per Mar Security)



Front Row (L - R): Sue Peterson (Disease Management Specialist, Diabetes Ed); Sara Perry (MA/Phlebotomist, Fulton Clinic); Tina Johnson (MA, OB/GYN); Allie Lyons (CNA, Surgical); Chelsie Anderson (Phlebotomist, Lab)

Back Row (L - R): Catalina Carrizales (CNA, Medical); Kelsi Peterson (CNA, Float-Clinic); Tiana Johnson (Food & Nutrition Asst., Dietary); Audriana Burks (CNA, Surgical); Brenda Sierra Jimenez (Phlebotomist, Lab); Kaylyn King (Receptionist, Surgery)

DECEMBER 2019

Employee of the Month



Stacy Dillard
RN
Lead Shift Coordinator



I live in: Sterling
Joined CGH on: May 8, 2017
Education: RN, Sauk Valley Community College and BSN from Northern Illinois University
Family: Children, Tyree (20) and Dantre (13)
Proudest Achievement: Starting my own company to help our community and setting a good example for my family
Hobbies: Swimming, boating and working

Stacy is a wonderful asset to the Emergency Department. She goes above and beyond to help others and is always pitching in. You can often find her in the Emergency Department filling linen carts, asking if we need help, or just jumping in and helping with whatever is needed. Stacy has great problem-solving skills and communication with staff.

– Mary Eisenberg, HUC/CNA, Emergency Department

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

Purpose, Worthwhile Work, Making a Difference!

What HTP Means To Me

I am very EXCITED to share that through the HTP program Bryan and Sherry have educated, supported and empowered me to make life style changes that I will be maintaining for life. I have lost weight and I am no longer in danger zones with my overall health and blood work looks great.



Cherie Parker
DID

When starting the program, it can feel daunting. Throughout the program, the truth and wealth of information is incredible. With Bryan and Sherry as personal health coaches helping customize your individual plan one step at a time, you cannot go wrong. Knowledge of truth is power, and Bryan and Sherry dispel myths and deliver the truth in this program.

I am overall much happier and healthier, having the tools, information and support to walk this path. I have been attending HTP for several years now. There is new information each year, repetition and accountability. There is good reason to re-up each year, and my grandpa said repetition is the key to learning.

My goal is to do what is in my power to be healthier and sustain it for the rest of my life.

New price for 2020! The price for the HTP class will now be \$150, thanks to funding provided by the CGH Health Foundation. For information on enrolling in HTP, contact Sherry at ext. 5716 or Bryan at 1057.

Way to Go!



Stephanie Waller, Digestive Health Center, recently completed her Certification for GI Nursing. Certification is awarded to individuals who meet eligibility criteria based on experience and who pass an examination covering a broad range of knowledge and skills relevant to their professional practice. Those individuals who achieve ABCGN's certification can be recognized by designations used after their names - CGRN.
Congratulations, Stephanie!!



Stephanie Waller



January Birthdays

- | | |
|------------------------|------------------------|
| 1 Anja Wolf | 17 Bethany Conrady |
| 2 Lareene Cousins | 17 Debra Keaschall |
| 2 Natalie Jones | 17 Grace McCullough |
| 2 Nicole Jones | 17 Verna Rollo |
| 2 Fee Weitz | 17 Shelly Salerno |
| 3 Jennifer Haak | 18 Margaret Degolyer |
| 3 Eric Riley | 18 Cathy Hawkins |
| 4 Brenda Kroninger | 18 Jamie Sodaro |
| 4 Brianna Maas | 19 Laurence Brandon |
| 4 Dawn Siperly | 19 Gina Clark |
| 5 Rebekah Funderberg | 19 Preeti Joseph |
| 5 Stacy Kalina | 20 Brandon Guinn |
| 5 Teresa Kikuts | 20 Angela Stralow |
| 5 David Lahey | 20 Alyxandra Ward |
| 5 Janelle Stenzel | 21 Anne Nehrkorn |
| 5 Janice Valdez | 21 Claudia Sauer |
| 5 Katheryn Wilkinson | 21 Kirk Spielman |
| 6 Annabelle Chatick | 21 Kristin Todd |
| 6 Alyssa Holden | 21 Makaila Wesley |
| 7 Rickey Burge | 22 Kimberly Garcia |
| 7 Beth Peugh | 23 Suzi Albers |
| 7 Bradley Willis | 23 Emily Crossley |
| 8 Sarah Alvarez-Brown | 23 Corinna Fortune |
| 8 Dennette Brown | 23 Megan Larson |
| 8 Chana Kullerstrand | 23 Tiffany Nutt |
| 8 Ashley Roux | 23 Kelli Teske |
| 8 Christi Ryan | 23 Laurie Wilkinson |
| 8 Laurie Sheridan | 24 Fischer Celestino |
| 8 Jimenez Sierra | 24 Rebecca Foy |
| 9 Robert Coleman | 24 Kymberly Hayen |
| 9 Chloe Frump | 24 Noemi Hicks |
| 10 Amanda Coutts | 24 Julia Jordan |
| 10 Holly DeWitte | 24 Mary McWethy |
| 10 Amanda Englund | 24 Todd Roberts |
| 10 Joan Hermes | 25 Amanda Blaine |
| 10 Carlos McNinch | 25 Turner Garcia |
| 10 Chris Ryan | 25 Mark Moran |
| 10 Bethany Shearer | 25 Jennifer Stampfler |
| 11 Trevan Burn | 27 Carol Devers |
| 11 Alejandro Escalante | 27 Staci Dirks |
| 12 Danielle Baker | 27 Molly Jacobs |
| 12 John Hahn | 27 Lori Koritz |
| 12 Morgan Rivera | 27 John O'Holleran |
| 12 Sierra Serrano | 28 Ashley Atilano |
| 13 Christina Byvick | 28 Mary Eisenberg |
| 13 Erica Davilo | 28 Jayni O'Brien |
| 13 Conni Holder | 28 Theresa Rogers |
| 13 Jodi Thompson | 28 Sue Todd-Johnson |
| 13 Julie Zuidema | 29 Adam Beien |
| 14 Molly Diaz | 29 Catalina Carrizales |
| 14 Katelyn Seaberg | 29 Jennifer Ferris |
| 15 Katelyn Carp | 29 Megan Maas |
| 15 Jill Gonigam | 29 Annette VanLanduit |
| 16 Leigha Schrader | 31 Ashley Cameron |
| 16 Carolyn Smoot | 31 Julie Denning |
| 16 Erik Young | 31 Brook Elmendorf |

Holiday Sign Contest

We want to thank everyone that participated in our employee holiday sign contest . . . you all are so talented and creative!

We ended up with 36 signs and every single one was different!

In the past, employees have suggested that we hold an auction and donate the proceeds, so we tried that this year. Every single sign that was available for purchase was sold to the highest bidder and together we raised \$1861.00 which will be donated to the CGH Health Foundation! If you won a bid, Shannon Kuepker will be contacting you via email to pick up your sign. Thank you again to everyone that participated!

Below are the contest winners and their pictures.



Most Glitzy
Ginger Lane
(Respiratory)



**Most Vintage/
Rustic**
Genia (EVS)
& Daryl (Laundry)
Reitzel



Most Jolly
Cath Lab



**Most Overall
Patient
Accounts**

