



Communique

January 30, 2020

A CGH Medical Center Publication

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CGH Recognizes DAISY Award Winner Traci Snodgrass, RN

Traci Snodgrass, a registered nurse in the CGH Neurology Department, was recently recognized in front of her friends and co-workers, as a recipient of the prestigious DAISY Award for extraordinary nurses. An international program, the award is presented to nurses around the world who go above and beyond for their patients and demonstrate extraordinary compassionate care.



Those presenting the DAISY award to Traci Snodgrass, RN, included (L-R): Mary Lott, Primary Care Assistant Manager; Cindy Zander, Vice President of Support Services; Katie Morris, RN, Medical Specialties Supervisor; Dr. Preeti Joseph, Neurologist; Cindy Wadsworth, RN, MS, FNP, Medical Specialties Manager; April Miller, RN, Neurology; Stephanie Waller, RN, DAISY Award coordinator; Sally Zuithoff; Ken Zuithoff, CGH Chaplain; and Shane Brown, Vice President of Physician Services.

"I started seeing Dr. Preeti Joseph (CGH Neurologist) in July and approached my seizure medication transition with a great deal of trepidation due to a previous bad experience," stated the nominator for Snodgrass. "Over the course of the next five months, Traci made a tremendous contribution by assisting the doctor in making this transition a non-stressful, positive, and successful experience. During that time, I was seeing Dr. Joseph every 2-3 weeks. Traci consistently welcomed me with a smile and cheerful greeting. In fact, after my first appointment, I said to my husband, 'She almost seems too kind.' His response, 'A nurse can never be too kind.'"

The nominator concluded, "Knowing her, Traci would say she was 'just doing her job,' but I strongly feel that she does an exemplary job and is the only person I have ever considered nominating for the DAISY Award. Traci's caring, encouraging, and positive outlook, along with her consistent professionalism, definitely made my time at CGH an enjoyable and helpful experience."

The DAISY Award - an acronym for "Diseases Attacking the Immune System" - was established by the DAISY Foundation in California in memory of J. Patrick Barnes, who died at age 33 of an autoimmune disease. During his hospitalization, they deeply appreciated the care and compassion shown to Patrick and his entire family. When he died, they felt compelled to say "thank you" to nurses in a very public way. The DAISY Award continues to recognize and celebrate the outstanding professionalism and compassion that nurses bring to patients and their families every day.

Other CGH nurses nominated by our patients this quarter for the DAISY award included: Kayla Ackert, Kay Benavidez, Jennifer Bookman, Megan Bright, Laurie Davis, Katie Decker, Cindy Fargher, Andrea Fry, Jill Gonigam, Laura Leal, Michelle Nelsen, Kim Przysucha, Tricia Shuck, Marcela Sproul, Julie Steffes, Kelli Teske, Angie Thompson, Jennifer Tompkins and Cassie Wiersema.

If you would like to submit a nomination for extraordinary nursing care that you or a family member have received at CGH Medical Center, please visit www.cghmc.com/daisy.

CGH Fulton Medical Center Open House



Pictured above from L-R: Fulton Mayor Mike Ottens; members of the Clinton Area Chamber of Commerce; Kimberly Teats-Garrison, PA-C; Dr. Matthew Wolf; Lynne Coffey, FNP; Shane Brown, Vice President of Physician Services; Julie Jordan; Julie Huennekens; Haley Staff; Barb Mask, Fulton Historical Society; Sara Perry; Dr. Darryl Hogue, River Bend School District Superintendent; Donna Hines, and Maureen Miller, Clinton Area Chamber of Commerce President and CEO.

CGH Fulton Medical Center hosted an open house and ribbon cutting on Thursday, January 16 from 4 to 6 p.m. Approximately 75 guests met our providers, Lynne Coffey, FNP and Kimberly Teats Garrison, PA-C, and enjoyed refreshments while touring the facility.



Kimberly Teats-Garrison, PA-C and Lynne Coffey, FNP

The 2500-square foot family practice and walk-in clinic opened on December 9 and is located at 1130 17th Street, Suite B in Fulton, Illinois. The providers see patients by appointment Monday through Friday, 8 am to 5 p.m., but also offer the convenience of a walk-in clinic for acute healthcare needs during those same hours, as well as on Saturday mornings from 8 a.m. to noon.

Visitor Restrictions Continue

According to estimates from the CDC, there have been at least 15 million flu illnesses, 140,000 hospitalizations and 8,200 deaths from flu during the 2019-20 flu season. Yes, coronavirus is getting more attention, but for now, it is still less of a threat in our area than seasonal influenza!



Remember, these everyday habits can help prevent the spread of all respiratory viruses:

- If you haven't already, get the flu vaccine.
- Wash your hands often with soap and water for at least 20 seconds or use an alcohol-based hand sanitizer that contains at least 60% alcohol.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Avoid close contact with people who are sick.
- Stay home when you are sick.
- Clean and disinfect frequently touched objects and surfaces.

Due to the continued increase of influenza in our community, CGH Medical Center's temporary visitor restrictions remain in place for the health and safety of our patients.

CGH Medical Center will begin doing travel screenings on our patients in regards to the coronavirus. Watch for more information to follow.

Call 815.625.0400, ext. 5550 for criteria and appointment.



HeartCheck

Available Year-Round

Go Red at the CGH Fresh Café

During the month of February, the CGH Fresh Café will be offering heart healthy options sponsored by the CGH Health Foundation. The public is invited to try these specials:

“LETTUCE”
(LET US) SPONSOR
YOUR SALAD!

- **February 3-7th** is “Lettuce (Let us) sponsor your salad” featuring a \$1 discount on your salad bar purchase
- **February 10-14th** is Eat Red week – featuring various red food items in the cafeteria.
- **February 17-21st** will feature Heart Healthy options from our Heart Healthy Menu (just look for the red heart on the menu.)

Thank You

I would like to thank the Caring Fund for sending the beautiful lantern arrangement that was sent in memory of my step-father, John VanderSchaaf, who passed away on December 23rd.

Kathy Mills, Operating Room

CGH Employee Caring Fund Coat Drive



Many people lack enough warm clothing to stay protected throughout winter, and lack the money to buy that clothing. The CGH Employee Caring Fund is currently accepting donations for clean, reusable coats and jackets to be distributed free to children and adults in our community.

Please submit donations to the Business Office in the Main Clinic lobby.



For more information and to register for events please visit,
www.cgmmc.com/calendar

- 2/6** • **Blood Drive**
9:30am - 7:00pm • CGH Ryberg Auditorium • 100 E. LeFevre Road, Sterling
- **FREE Blood Pressure & Blood Sugar Screening**
8:00 - 9:30am • CGH Main Clinic Lobby • 101 E. Miller Road, Sterling
- 2/7** • **Wear Red Day**
- **FREE Blood Pressure & Blood Sugar Screening**
11:30am - 1:00pm • CGH Medical Center Lobby • 100 E. LeFevre Road, Sterling
- 2/18** • **Growing Healthier - Hypertension: A Silent Killer**
6:00pm • CGH Ryberg Auditorium • 100 E. LeFevre Road, Sterling
Presented by: Edita Danalata, MSN, APRN, A-GNP-C
- **FREE Blood Pressure & Blood Sugar Screening**
3:00 - 4:30pm • County Market • 210 W 3rd St., Sterling
- 2/21** • **FREE Blood Pressure & Blood Sugar Screening**
8:00 - 9:30am • Westwood Fitness and Sports Center • 1900 Westwood Dr., Sterling
- 2/27** • **Cholesterol & Glucose Screening**
Screenings include: Total Cholesterol, Triglycerides, LDL (bad cholesterol), HDL (good cholesterol), Glucose (blood sugar), Blood Pressure and Health Information.
\$30 • 12 hour fast and appointment required.
To make an appointment, call (815) 625-0400 ext. 5716

Yoga Class

Yoga class is being offered at 2600 N. Locust on Monday's 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.

February Birthdays

- | | |
|----------------------------------|---------------------------|
| 1 Erika Boostrom | 15 Kristine House |
| 1 Ted Bryant | 15 Jennifer Rogers |
| 1 Alyssa Buch | 15 Saul Serrano |
| 2 Kay McGrath | 15 Shelly Whitman |
| 2 Priscilla McNeill | 16 Ashley Dahlquist |
| 2 Jennifer Porter | 16 Michael Fritz |
| 2 Billy Jo Rahn | 16 Nicole Jones |
| 2 Maria Riggs | 16 Tara Timm |
| 3 Chelsie Anderson | 16 Samuel Twining |
| 3 Miranda Burke | 17 Jenna Harris |
| 3 Nicole Dornes | 17 Debra Hussung |
| 3 Douglas Heeren | 17 Elle Koerner |
| 3 Sarah Tribley | 17 John Luckey |
| 4 Andrea Lynch | 17 Sandra Mendez-Martinez |
| 4 Janette Rugh | 17 Tara Olsen |
| 5 Madeline Geil | 17 Lynsey Smith |
| 5 Jennifer Lopez | 17 Ethan Wittenauer |
| 5 Heather Swanson | 18 Erin Allen |
| 5 Kimberly Williamson | 18 Chelsey Asbury |
| 6 Elizabeth Goff | 18 April Bull |
| 6 Erica Grote | 18 Alyse Church |
| 6 Sarah Hadley | 18 Laura Kramoski |
| 6 Julia Headrick | 19 Drew Carroll |
| 6 Jennifer Hinton | 19 Trisha Frump |
| 6 Christy Quinn | 19 Marisa Garcia |
| 7 Deborah Celestino | 19 Jackson Terry |
| 7 Judy Hammett | 19 Angela Tschosik |
| 7 Lisa Livingston | 20 Jennifer Duncan |
| 8 Terrance Bruce II | 20 Brenda Porter |
| 8 Kelly McDuffy | 20 Jill Vegter |
| 8 Lindsey Montross | 20 Amy Young |
| 8 Betty Reed | 20 Beriah Zigler |
| 9 Joseph Alden | 21 John Niemann |
| 9 Jenilyn Gottemoller | 22 Luis Camacho |
| 9 Diana Hanson | 22 Whitney Snyder |
| 9 Lindsay Hoyle | 23 Ronda Davison |
| 9 Elizabeth Kalas | 23 Jennifer Gehrke |
| 9 Cassidy Reese | 23 Mercedes Johnson |
| 10 Tammy Chino | 23 Kaleigh Tarbill |
| 10 Jamie Hay | 24 Susan Bush |
| 11 Melissa Cushman | 24 Elizabeth Detig |
| 11 Jessica Dillavou | 24 Michelle Lenox |
| 11 Makenzie Dolan | 25 Jessica Boyles |
| 11 Lisa Gordon | 25 Cynthia Fargher |
| 11 Jeanette Hunter | 25 Micah McNeill |
| 11 Jessica Lundy | 25 Nanette Metzler |
| 11 Mary Martin | 25 Idalis Montanez |
| 11 Tracey McCaslin | 25 Jessica White |
| 11 Candice McNinch | 26 Kristine Adams |
| 11 Roxane Wancket | 26 Debora Beveroth |
| 12 Ashley Hamilton | 26 Shelly Christensen |
| 13 Dominique DeLaFuente-Penaflor | 26 Shannon Scroggins |
| 13 Karen Habben | 26 Koren Thompson |
| 13 Billie Kaprelian | 26 Elizabeth Williams |
| 13 Kayhla Shomaker | 27 Alyssa Canales |
| 13 Anne-Marie Wadsworth | 27 Emily Hutchison |
| 15 Michelle Belha | 27 Krystal Partridge |
| 15 Andra Collins | 27 Kasandra Plocker |
| 15 Kayla Gaffey | 27 Tommy Rice |
| 15 Trinity Green | 27 Sonya Schilpp |
| 15 Emily Holddorf | 29 Michael White |

BLOOD DRIVE

CGH Medical Center

Thursday, February 6

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: December 12



SHARE THE LUCK,
DONATE BLOOD!

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

GIVE BLOOD, SAVE LIVES www.bloodcenter.org

Scrubs

On-Site Sale

Tuesday, February 18th

6:30 am - 4 pm

RYBERG

AUDITORIUM

Payroll Deduct, Cash, & Credit Card

CGH Logo Apparel

Online Store: Feb. 19-29

Payroll Deduct & Credit Card

#SCRUBS
by MPDUNCE

Sponsored by CGH Auxiliary