



Communique

February 27, 2020

A CGH Medical Center Publication

In This Issue:

- Reminder: Flu is a Threat... NOT Coronavirus (COVID-19)
- Superheroes Wanted Returns
- Thank You
- Congratulations!
- Customer Service Award
- Certified Sedation for RNs
- CGH Walnut Remodel
- Employee Pharmacy Temporary Relocation
- CGH Morrison Medical Center Welcomes Cassie Sawyers, APRN, FNP-C
- March Birthdays
- Pulmonary Rehabilitation Open House
- CGH Auxiliary Masquerade Jewelry & Accessory Sale

CGH to Host Pediatric Rehab Center Open House

Kids just want to have fun, whether on the playground or at the CGH Pediatric Rehab Center! Please join CGH Medical Center on Thursday, March 5 from 4 to 6 p.m. as we celebrate our CGH Peds Rehab Open House! The center is located at 2600 N. Locust Street in Sterling. Families, and anyone that is interested in learning more about our pediatric therapy services (for ages birth to 18), are encouraged to stop by to tour the facility, meet the staff and enjoy refreshments.

As the Sauk Valley's only pediatric therapy provider, CGH Peds Rehab helps children excel through physical, occupational and speech therapy and allows area families to get one-on-one care that is best suited for their child. Our staff members specialize in the treatment of many diagnoses and conditions, including autism spectrum disorder, cerebral palsy, gait abnormalities, feeding difficulties, speech and language delays and disorders, orthopaedic injury and recovery, and more.

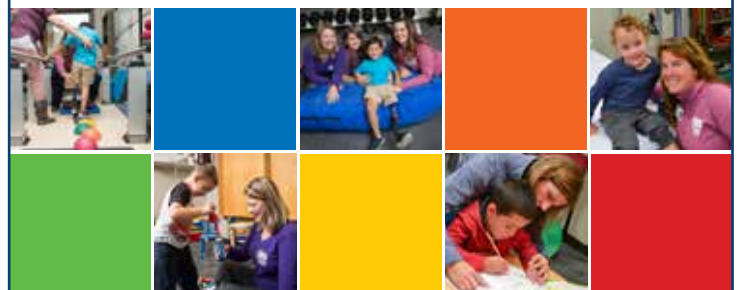
"Our team of pediatric therapists have a passion for helping children, and together, they bring over 25 years of combined pediatric-specific experience to the community," said Jeff Dyke, director of CGH Physical Therapy and Rehab Services. "Rather than focusing on a child's limitations, we focus on what they CAN do. Our therapists are trained to help each child grow stronger in their overall development and enable them to participate in desired age-appropriate family, community, and school-based activities with the highest level of independence possible. We are proud to provide this service for our community, and we look forward to seeing you at the open house."



OPEN HOUSE
THURSDAY, MARCH 5TH
 4PM - 6PM • 2600 N. LOCUST ST, STERLING, IL
 MEET THE PROVIDERS & TOUR THE FACILITY

Pediatric Speech, Occupational & Physical Therapy

Our team of pediatric therapists have over 25 years of combined pediatric experience to serve the children of our community. In addition, we pursue advanced training to offer you the best care possible.



2600 N LOCUST ST, STERLING, IL • (815) 632-5199 • WWW.CGHMC.COM

Reminder: Flu is a Threat... NOT Coronavirus (COVID-19)

The Whiteside County Health Department and CGH Medical Center would like to remind residents that coronavirus disease 2019 (COVID-19) is NOT circulating in Illinois communities. Illinois has only had two cases of COVID-19, and both cases were in Chicago among someone who had recently returned from China and their spouse. The Illinois Department of Public Health (IDPH) will let the public know if there is a confirmed case of COVID-19 or an increased risk to the public which remains low at this time.



The United States is taking a multi-layered approach to protecting the public from COVID-19 and any outbreaks of other infectious diseases. If you have any questions about coronavirus disease 2019 – including traveler restrictions, quarantine, and other steps CDC, IDPH and local health departments are taking – please call the 24/7 IDPH hotline at 1-800-889-3931 or email dph.sick@illinois.gov.

Also, please note that as an additional step to protect our communities – although there is currently NO increased risk of COVID-19 in our area – CGH Medical Center, the CGH Main Clinic, and all of the CGH outlying facilities have implemented travel screenings for ALL patients per recommendation by the CDC and IDPH. These screenings may add additional on-hold time when calling into your CGH healthcare provider or while waiting to be seen.

However, an infectious disease currently active in Whiteside County that IS of concern is influenza (flu). Statewide, we are seeing approximately 2.5 times the flu activity compared to this time last year and three times the Illinois Regional Baseline. This increased activity is prior to the annual spike we traditionally see in March.

Remember the 3 C's Simple Steps To Help Prevent And Stop the Spread of Respiratory Illnesses like COVID-19 and Influenza:

- CLEAN – clean your hands frequently by washing your hands with soap and warm water.
- COVER – cover your cough and sneeze.
- CONTAIN – contain your germs by staying home if you are sick.

Thank You

Thank you to the Caring Fund for sending a beautiful angel statue in memory of my father-in-law, Jerry Bollman, who passed away on January 5th.

Nicole Bollman, Marketing

Superheroes Wanted Returns

Want to help your community and have fun doing it? Be a Superhero and join the CGH Health Foundation Employee Division Committee!

Each year CGHers play a major role in changing lives and saving lives for children and adults in our area communities.

Through your giving, you help over 32,000 people annually in need of healthcare services, medication, transportation, wellness education, and scholarship, to name a few.



Want to find out how you can help? Grab your free lunch in the CGH Café and join our Employee Division committee kick-off meeting on **Tuesday, March 10 at noon** in the **Ryberg**. Erika Adams, DID Nurse Navigator, and Tiffany Marquez, Accounts Receivable Clerk, will lead the 2020 Employee Division as Co-Chairs.

"We'll announce our special projects for the year, talk about what it means to be on the Employee Division Committee and explain the mission of the Foundation," said Erika and Tiffany. "We will also answer any questions you may have and start planning our upcoming spring events."

Whatever your schedule, use of your time and talents can be matched to your availability. Volunteers are needed to recruit Silent Auction baskets, baked goods and desserts as well as help set up, work and tear down at our events. You can help a little or a lot, whatever works best for you!

If you are unable to join the meeting but would still like to participate on the committee, please e-mail Erika Adams, Tiffany Marquez or Amanda Blaine.

We hope to see you on March 10 at noon in the Ryberg! Grab your free lunch and join us. Each volunteer receives a free campaign t-shirt.

Congratulations!

Congratulations to (L-R) **Jill Bryan** and **Katlyn Hagen** of the Digestive Health Center for recently obtaining their Certified Flexible Endoscope Reprocessor certification. This certification is required for their positions as GI Techs in GI procedures.

Congratulations, Jill and Katlyn!



Customer Service Award



The Sauk Valley Area Chamber of Commerce presented CGH Medical Center with the February Customer Service Award today. Customer Service award recipients are Sauk Valley area businesses that have been nominated for exceptional customer service.

We were nominated by a patient's son who submitted the following to the Sauk Valley Area Chamber:
On Thursday, I was there for my Mom who was having a procedure. As I went from area to area waiting on her to finish, I must have seen 10-15 workers. On every occasion, they took the time to smile and say Hi. This included the cafeteria to the clinic to the HR office. It was truly a memorable experience. Thank You!

Thank you to all of our volunteers, staff members and physicians who provide excellent patient care day in and day out!

Certified Sedation for RNs



Congratulations to the following Digestive Health Center RNs who have completed their CSRN (Certified Sedation for RNs) from the American Association of Moderate Sedation Nurses. Pictured above from L-R are **Stephanie Waller, Priscilla McNeill, Daneen Sandroock, Laura Stoudf, Ryan DeBrock, Cathy Hawkins, Tara Long, Kathy Ybarra, Cindy Fargher, Laurie Shipman and Megan Bright.**

Congratulations, Ladies!

Employee Pharmacy Temporary Relocation

Please note that the Employee Pharmacy has temporarily relocated to the space formerly occupied by the Inpatient Pharmacy on the 1st floor of the hospital.



The Employee Pharmacy will be using this space for approximately 8 weeks while infrastructure work is completed.

CGH Walnut Remodel



Effective Monday, March 2, **Missi Armstrong, APN, FNP-BC** and her staff will temporarily relocate to the **CGH Prophetstown Medical Center** at 212 E. Railroad Street while the CGH Walnut Medical Center is being remodeled. The remodel is expected to take approximately 2-3 months.



CGH Morrison Medical Center Welcomes **Cassie Sawyers** APRN, FNP-C (*Family Medicine*)

We are pleased to announce that Cassie Sawyers, APRN, FNP-C has joined Dr. Matthew Wolf as a family nurse practitioner at the CGH Morrison Medical Center.

A CGH employee since 2012, Cassie received her MSN and BSN from Chamberlain University in Downers Grove. Cassie is a board certified family nurse practitioner by the American Academy of Nurse Practitioners and is a member of the American Association of Nurse Practitioners and Illinois Society for Advanced Practice Nursing.



105 S. Heaton St., Morrison, IL
(815) 772-8100
www.cghmc.com

March Birthdays

- | | |
|------------------------|--------------------------|
| 1 Kermit Cox | 17 Audra Goff |
| 1 Brittany Holocker | 17 Alyssa LaMendola |
| 1 Ashley Imel | 17 Roderick Miniell |
| 1 Miranda Long | 18 Sandra Baylor-Schmidt |
| 1 Mikio Martinez | 18 Wendy Faley |
| 1 Kimberly Vandermyde | 18 Elyn Horn |
| 2 Brian Zschiesche | 19 Beverly Burrows |
| 3 Grant Conibear | 19 Joshua Koehler |
| 3 Trista Garza | 20 Molly Anderson |
| 3 Vicki Spotts | 20 Kelli Dean |
| 3 Nicole Tessendorf | 20 Fran Haan |
| 3 Kimberly Wainscott | 20 Joseph Kelly |
| 4 Sally Canas | 20 Heather McCarter |
| 4 Leslie Lackey | 20 Marissa Rosengren |
| 4 Perri Plog | 20 Connie VonHolten |
| 4 Konnie Swanson | 21 Katie Johnson |
| 5 Kate Janssen | 22 Margo Bartels |
| 5 Heather Musselman | 22 Tamera Eads |
| 5 Norma Urrutia | 22 Heather Hagemann |
| 5 Lindsay Wallace | 22 Kali Hubbard |
| 5 Mary Ann Webb | 22 Machel Johnson |
| 6 Karen Dever | 22 Canaan Ross |
| 6 Mary Hammelman | 22 Timothy Schumaker |
| 6 Abigail Phelps | 22 Julie Schwenk |
| 7 Christy Fredericks | 22 Denise Zinke |
| 7 Casey Nance | 23 Pamela Bittorf |
| 7 Austin Peters | 23 Melissa Cassens |
| 7 Rebecca Rhodes | 23 Edward Hanlon |
| 8 Kristina Dauven | 23 Arisha Hubbard |
| 8 Janice Davey | 23 Evan Klein |
| 8 Jason Larson | 23 Patricia Nice |
| 8 Christine Maves | 23 Faith Smith |
| 8 Summer Smith | 24 Peggy Burger |
| 8 Alice Vetter | 24 BillieAnn Dornbush |
| 9 Elizabeth Camacho | 24 Pamela Fugate |
| 9 Danielle Spevak | 24 Shannon Gipe |
| 10 Carly Ebersole | 24 Jennifer Jellerichs |
| 10 Sarah Snow | 24 Rosemarie Merced |
| 10 Ruth Stevens | 24 Sammantha Portner |
| 11 Alisha Henson | 24 Irma Solis-Nieto |
| 11 Tiffany Houzenga | 24 Sara Williams |
| 11 Katie Leffelman | 25 Dana Behn |
| 11 Allison Loggins | 25 Melissa Jacoby |
| 11 Concha Sitter | 25 Rebecca Mays |
| 11 Jay Woodin | 25 Amanda Smith |
| 12 Donna Dorathy | 25 Samantha Weathers |
| 12 Debra Lira | 25 Teresa Wolber |
| 13 Shari Batten | 26 Judy Meinsma |
| 13 Ashley Earl | 27 Sherri Gascoigne |
| 13 Melissa Fancher | 27 Victoria Johnson |
| 13 Lisa Little | 28 Anne Cordell |
| 14 Miranda Daugherty | 28 Wendy Selover |
| 14 Julie Hurd | 28 Rae Walls |
| 15 Timothy Dunphy | 28 Robert Whittaker |
| 15 Scott Girard | 29 Beth Dearing |
| 15 Cortney Parker | 29 Margaret Godman |
| 15 Janice Repass | 29 Gina Grennan |
| 15 Trina Strock | 29 Peggy Montgomery |
| 16 Kiana Aude | 30 Jeanette Keegan |
| 16 Brianna Fredrickson | 31 Steven Butts |
| 16 Brittany Hemminger | 31 Ashley Davis |
| 16 Shawna Snapp | 31 Kimberly Jacobs |
| 17 Morgan Ammon | 31 Betsy Leech |
| 17 Jill Bryan | 31 Theresa McFadden |
| 17 Cara Firch | 31 Marina Sanchez |



PULMONARY REHABILITATION OPEN HOUSE

THURSDAY, MARCH 12TH • 3-5PM

100 E. LEFEVRE ROAD, STERLING, IL 61081

MEET THE PROVIDERS & TOUR THE FACILITY

Working to restore you to your fullest potential.

Pulmonary Rehabilitation is designed to reduce and control the symptoms and complications experienced with moderate to severe pulmonary disease.

CGH Medical Center's Pulmonary Rehabilitation Program can help you address the frustrations and challenges that you encounter with pulmonary disease. This treatment is accomplished through a program of exercise and education, and goals tailored specifically to you and your lung disease.



If you meet certain medical criteria, some of the program's cost is covered by Medicare.

Many private insurance carriers will also cover some of the cost.



100 E LEFEVRE RD, STERLING, IL • (815) 625-0400 • WWW.CGHMC.COM

Masquerade™

\$5 JEWELRY & ACCESSORIES SALE

April 6-7, 2020