



Communique

March 12, 2020

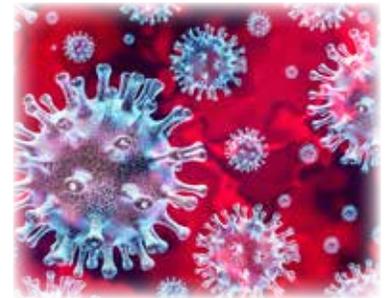
A CGH Medical Center Publication

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CGH Restricting All Non-Essential Visitors and Community Events

CGH Medical Center cares about the well-being of our patients, guests, providers, staff members and volunteers. As such, we are continuing to monitor coronavirus (COVID-19) updates from the CDC as well as our state and local health departments. **At this time, we are asking YOUR help – as a community – to minimize any unnecessary exposure in our hospital.**



In an effort to protect our patients that are more susceptible to illnesses, **beginning Monday, March 16th, CGH is restricting all non-essential visitors to the hospital. This restriction will continue until April 10, 2020,** and includes club meetings, groups, outside salespeople, vendors, and any other public non-essential gatherings. We will reevaluate this situation in two weeks and make adjustments to this date as necessary. All community clubs or groups with scheduled events at CGH are currently being contacted.

Although COVID-19 is a novel, or new, virus, we do know that it is highly contagious, and we have no immunity to it. Therefore, we each have a personal responsibility to not only do what we can to reduce the spread of COVID-19 and other viruses in the community, but also to help reduce the risk to our friends and family who may be at high-risk for complications from such viruses. **Because their health, as well as yours, is important, WE NEED EVERYONE'S HELP TO ENFORCE OUR CURRENT VISITOR RESTRICTIONS.**

Visitor restrictions include:

- Visitors are limited to 2 adults (age 18 and older) per patient at any time.
- No visitors under the age of 18 will be allowed.
- All visitors must be healthy and symptom-free. **Do not visit if you are displaying signs or symptoms of an influenza-like/respiratory illness,** which includes a fever greater than 100 degrees Fahrenheit, with cough, sore throat or sneezing. If you show symptoms, you **will** be asked to leave.
- Out of respect to patients, staff and other visitors, visitors with certain other symptoms, such as runny nose, shortness of breath, fatigue, chills, vomiting, or diarrhea should also postpone their visits.
- Exceptions will be made in certain situations, including end-of-life care.
- Some patient units, clinics, diagnostic service areas, and treatment areas, may have additional restrictions to best protect our patients. **Watch for additional signage outside those areas.**
- Patients coming to the CGH ED or outpatient clinics with flu or COVID-19 symptoms will be provided and asked to wear a mask.
- Cover your nose and mouth when you cough or sneeze.
- Make sure you clean your hands when entering and leaving the patient's room by washing with soap and water for 20 seconds, or by rubbing your hands together with hand sanitizer (located in every patient room and throughout the hospital).

Please note that these visitor restrictions are subject to change.

If you are unable to visit a patient due to the restrictions above, please consider contacting them via a phone call, or send them a hand-delivered cheer card at www.cghmc.com/cheer-cards. In addition, we encourage everyone to help minimize the spread of all respiratory infections in our community by:

- Practicing social distancing and avoiding close contact with people who are sick;
- Covering your cough or sneeze with a tissue, then throw the tissue in the trash;
- Avoiding touching your eyes, nose and mouth;
- Cleaning & disinfecting frequently touched objects and surfaces;
- Staying home when sick;
- Washing hands often with soap & water for at least 20 seconds. Soap and water are preferred; if they aren't available at a given time-use a hand sanitizer with at least 60% alcohol content.

For more information about coronavirus (COVID-19), and for the latest updates and guidance in this rapidly evolving situation, please visit www.cghmc.com/covid19. For general questions about COVID-19, call the Illinois Department of Public Health (IDPH) hotline at 1-800-889-3931 or email dph.sick@illinois.gov.

Scholarship Deadlines

Scholarship application deadlines are quickly approaching for the CGH Auxiliary and CGH Health Foundation grants.

It's easy to apply by going to cghmc.com/scholarships. There is one application for the Foundation and one application for the Auxiliary, with a **deadline of Wednesday, April 1 for both.**



CGH Auxiliary Scholarships

The CGH Auxiliary awards several \$1,000 scholarships to students who reside in the CGH service area. Students must have been accepted into their professional school of healthcare study and meet the criteria established by the Auxiliary.

Please return completed form, found at www.cghmc.com/scholarships, to CGH Medical Center Auxiliary office or employee mailbox by 5 p.m. on **Wednesday, April 1.** Contact Deb Keaschall, ext. 5727, for more information.

CGH Health Foundation Scholarships

There are 8 nursing/healthcare scholarships open to the public – with one application for all 8. One criteria is proof of acceptance into your professional school of healthcare study. Residents of the CGH service area are eligible.

Please return completed form, found at www.cghmc.com/scholarships, to CGH Health Foundation office or employee mailbox by 5 p.m. on **Wednesday, April 1.**

DeLange Textbook Scholarship - Deadline is Tomorrow!

The spring application deadline for the **DeLange Textbook Scholarship** is tomorrow, **March 13** at 5 p.m. The James DeLange Textbook Scholarship is offered each semester in an amount up to \$300 to CGH full- and part-time employees. Please note you must have worked here at least one year. To apply, go to Lifeline, CGH Health Foundation, Internal Site, Scholarships.

Blue Sky Healthcare Education Scholarship

The application deadline for the **BlueSky Healthcare Education Scholarship** for CGHers and their children is **Friday, March 20 at 5 pm.** This scholarship is for CGH employees and their children up to the amount of \$3,000. To apply, go to Lifeline, CGH Health Foundation, Internal Site, Scholarships.



Save the Date! Superheroes Wanted Returns

Grab your cape! Be a Superhero and prepare to give a helping hand, auction item or baked good at our upcoming spring fundraising events. It's time to start planning for the Foundation's

Friday, May 8 Silent Auction and **Friday, June 19 Bake Sale and Dessert Auction.**



Give a boost to the lives of your neighbors here in the Sauk Valley - please help make these events bigger and better than ever! If you would like to donate a basket, dessert item or your time, contact Amanda Blaine, ext. 5575, or one of the co-chairs listed below as soon as possible!

Silent Auction

Friday, May 8 from 7 a.m. to 4 p.m.
Ryberg Auditorium, Classrooms 1 and 2

Co-Chairs:

Mimi Hicks (Daycare), ext. 5745, and **Beth Warner** (Clinic Administration), ext. 6110

Bake Sale and Dessert Auction

Friday, June 19 from 7 a.m. to 1 p.m., Ryberg Auditorium

Co-Chairs:

Janice Repass (Main Clinic GI), ext. 3215 and
Kim Przysucha (Main Clinic GI), ext. 3630

All proceeds go to the 2020 CGH Health Foundation Annual Appeal.

Pulmonary Rehabilitation Week: March 8-14



CGH Pulmonary Rehab celebrated National Pulmonary Rehabilitation Week, March 8 to 14. Pulmonary rehabilitation is designed to reduce and control the symptoms and complications experienced with moderate to severe pulmonary disease.

Unfortunately, the Pulmonary Rehab Open House scheduled for Thursday, March 12 was canceled for the safety of our patients and guests due to the threat of COVID-19.

Thank you to our Pulmonary Rehab staff for your dedication to our patients!

Congratulations!

Angelica Tintori (*Sterile Processing*) has passed her sterile processing certification exam and is certified as a Certified Sterile Processing Technician through CBSPD.

Certification is not only a requirement at CGH but also an integral part for the technician holding the credential. Through passing the certification exam Angelica has demonstrated that through her knowledge, skills and attitude she provides high quality care to patients and their families. Angelica also has shown that she cares about safety, quality, and excellence of health care delivered through best practices and following industry standards.

Congratulations, Angelica!



Angelica Tintori

Robin Klenz and Meredith Pope (*Sterile Processing*) have recently joined IAHCSSM (International Association of Healthcare Central Service Management) and have both



Robin Klenz and Meredith Pope

been elected to the Northwest Illinois IAHCSSM Chapter as board members of the chapter.

IAHCSSM is the premier association representing healthcare Sterile processing professionals worldwide. For over 60 years IAHCSSM has been providing professionals with the broadest range of certifications and continuing education with over 33,000 members and certifiants. IAHCSSM and the Northwest Illinois IAHCSSM Chapters goal is to keep the technician sharp, focused, and abreast of the very latest standards, best practices, and technological advancements impacting Sterile Processing professionals.

Meredith Pope has been elected as Secretary and Robin Klenz has been elected as Treasurer. Both Meredith and Robin will be a major part of working with the chapter to reach its goals, using their skills to help promote continuing education, the industry standards and best practices.

Congratulations, Robin and Meredith!

Pediatric Rehab Open House



Kids just want to have fun, whether on the playground or at the CGH Pediatric Rehab Center! CGH Pediatric Rehab Center celebrated their grand opening and open house on Thursday, March 5 from 4-6 p.m. 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 call Pediatric Rehab at 815-632-5199.

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 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."

The new center was partially furnished and equipped with community funds raised by the CGH Health Foundation. Director Joan Hermes said, "This has been the most successful annual appeal campaign during my 28 year tenure at CGH. We could not have done it without all of our contributors from the Sauk Valley area. Their response to this project was amazing! The Foundation donated \$62,000, with purchases ranging from furnishing the sensory room, creating the "cage," which is a dual purpose therapy modality, a gaited harness system, the oversized light bright wall, therapy tricycles, two child-sized wheelchairs, therapeutic toys, books, and more. "We are so excited to enrich the lives of these little ones by offering these state of the art therapy services in the Sauk Valley. Parents no longer have to drive, their kids can get needed services right here."

MARCH 2020

Employee of the Month



Mary Lally

Receptionist, Sterling Vision Center



I live in: Dixon

Joined CGH on: July 18, 2016

Education: Sauk Valley Community College, Associate in Applied Science

Family: Husband, Dave; Children, Tess and Kylian

Proudest Achievement: My Family

Hobbies: Spending time with family and traveling

Mary goes above and beyond every day to make the patient experience the best it can be for every patient at every visit. She greets everyone with a smile every chance she gets. She makes sure that patient needs are met and will follow up to see if she can assist the patient any further. Mary is very personable, caring, and all around a great asset to the Vision Center. Her level of customer service is excellent day in and day out. The amount of respect and compassion she shows each patient is outstanding. We as a department are lucky to have Mary as a coworker, receptionist, and the first person our patients interact with when walking into our clinic.

– Stephanie Stanley, Ophthalmology Tech

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

Purpose, Worthwhile Work, Making a Difference!

Hospital Happenings

Cholesterol and Glucose Screening

Openings are still available for the **Thursday, March 19** screening. Appointments are available from **6 to 9:30 a.m.** Twelve-hour fast and appointment are required. The cost is \$30. Call (815) 625-0400, ext. 5716.

Caring Fund Committee

The CGH Employee Caring Fund Committee is currently looking for new members. If you are interested in joining, please send a paragraph explaining why you'd like to join to Beth.Warner@cghmc.com. Please note that you must be an active giving Caring Fund participant to apply.

Diagnostic Imaging: Helping Each Other Grow

DID is putting us in the spring spirit with their new display window. Check it out on the 1st floor by the cafeteria.

