



Communique

December 1, 2022

A CGH Medical Center Publication

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9th Annual Healthy & Bright Holiday Lighting

Thank you to all who viewed our 9th Annual Healthy and Bright Virtual Holiday Lighting Ceremony on Tuesday, November 15. Special thanks to the CGH Auxiliary for sponsoring the lights, and to the Sterling High School Choir for their festive entertainment. The ceremony featured speakers, music, and *Bright Lights for Bright Memories* memorials. If you were unable to join us, you can watch the 15 minute ceremony on CGH Heartbeat or the CGH Facebook Page.



There are more than 50,000 exterior holiday lights on the CGH campus, at the CGH Downtown Medical Center and on the Sterling Library Plaza tree that are helping to spread holiday spirit . . . not only to our patients and their families, but also to our community. The *Bright Lights for Bright Memories* program recognizes those who make our lives a brighter place. For any donation amount, the names of loved ones were displayed during the virtual holiday lighting ceremony. Below are this year's donations that are helping to fund the lights that shine around CGH all holiday season.

IN LOVING MEMORY OF:

Name

Beloved Husband Nate Accardi
 Grampy Nate Accardi
 Nate Accardi "Pops"
 Wallis Adell
 Jim Blair
 Barbara Bley
 Lloyd Bley
 John R. Bonneville
 Mark Leon Brown
 Al Brushaber
 Lester & Evelyn Cassens
 Lori Cavazos
 Paul Wayne Cooper
 Ernie Cox, Jr.
 Tina Daven
 Dawn Edwards

Donation By

Judy Accardi
 Kaitlyn & Christopher Accardi
 Andy & Elizabeth Accardi
 Beverly Adell
 Cathy Dane
 Bruce & Debbie Bley
 Bruce & Debbie Bley
 Daneen Sandrock
 Linda Sue Brown
 Peggy Brushaber
 Sharon Cox
 Barb Brady
 David & Joanne Cooper
 Sharon Cox
 Barb Brady
 CGH Case Managers, Social Workers & Laurie Sheridan
 Laurie Sheridan
 Harlen Browning
 Daneen Sandrock
 Beth Lancaster
 Beth Lancaster
 Beth Lancaster
 Rebecca, Faith & Tyler Green
 His Family
 Stuart Richter
 Stuart Richter
 Rosanne Kaletka-Johnson
 Kala Karrow
 Karri Kloepping
 Pat Estes
 Bruce & Debbie Bley
 Bruce & Debbie Bley
 Sharon Cox
 Janice Repass

Michele Engle
 Samuel Fitzpatrick
 Mavis E. Flosi
 Chris Grannan
 Mary Jacqueline Grannan
 Paul Grannan
 David J. Green
 Gail Jellerichs
 Alfred P. Jorgensen
 Mary E. Jorgensen
 Frank & Caroline Kaletka
 Tom Karrow
 Lois Kloepping
 Hendrix "Sugie" Kobbeman
 Gary Lamb
 Larry Lamb
 Jim Latta
 Phyllis Lendman Powers

IN LOVING MEMORY OF:

Name

Estefana Moreno
 Lolly Olalde
 Martin Papoccia
 Colton Weston Parker
 Sandra K. Peterson Walrath
 Veryl M. Richter
 Susie Riggs
 Ken & Bernie Robbins
 Martin Rodriguez
 Paul Rodriguez
 Debbie Sadowski

Joan Sheridan
 Don & Ruth Stern
 Marc D. Stindt
 Linda Thompson
 Floyd Toppert
 Nikki Warren
 Glen R. Wicks
 Mark Young
 Gerry Zimmerman

Donation By

Maria Riggs
 Missy Jacoby
 Joanne Papoccia
 Gaylen, Cherie & Courtney Parker
 Dennis Walrath
 Stuart Richter
 Maria Riggs
 Marnie Slater
 Maria Riggs
 Maria Riggs
 Christina Larson, Mary Maberry & Diana Sibigroth
 Laurie Sheridan
 Judy & Bob Bartel & Family
 Don & Sheryl Stindt
 Laurie Sheridan
 Rita J. Toppert
 Sharon Cox
 Stuart Richter
 Harlen Browning
 Mary Jean Derreberry

IN HONOR OF:

Name

Lois Anderson-Rowzee's 54 Years of Auxiliary Service
 Betti Appenzeller & Pat Glafka
 CGH Auxiliary
 Judy Blair
 Brown Family
 CGH Medical Center
 Family & Friends
 O.B. Horner
 Betty Lamb

Donation By

Family of Lois Anderson-Rowzee
 Pat Glafka
 Deb Keaschall
 Cathy Dane
 Linda Sue Brown
 Linda Sue Brown
 Carolyn Nelson
 Peggy Brushaber
 Bruce & Debbie Bley

Holiday Decorating Contest



**Pick up your Holiday Gnome Base in Human Resources
anytime starting November 28th
to help "Deck the Halls" of CGH during the month of December.
(You may sign up as an individual employee or a department).**

Deliver Your
Completed
Holiday Gnome
to HR by
• **December 12th @ Noon**



Categories for judging include:

- Most Jolly
- Most Glitzy
- Most Creative
- Best Represents the Holiday Season
- Best Overall

Winners will be
announced
December 20th

Must be able to hang up for display. Offsites: if you need help getting them to HR, we can figure out a way

Holiday Painting & Craft Nights

Join us for two holiday painting and craft nights in the Main Clinic Atrium, hosted by CGH, just for fun and for CGH employees only. Classes will run approximately two hours. Holiday snacks and refreshments will be provided. The fee covers your supplies provided by the teacher. Classes will open up to guests of CGH employees if there are still available slots by the RSVP date of Thursday, December 8 at 5 pm. The activities are presented by Laura Readdy from Inspired! Paintings. She is also our upcoming January Spirit of the HeArt Gallery Artist!

Monday, December 12

5 pm: Free Bow Making Workshop - bring your own ribbon or use ours!

5:30 pm: Winter Painting Night - Snowman Stack

No experience is necessary, all supplies are included. Picture will be sketched out for you; just follow along!



Wednesday, December 14

5 pm: Free Bow Making Workshop - bring your own ribbon or use ours!

5:30 pm Chalk Couture Craft Night

Choose a design and a wooden base (see sample pictures below). No experience is necessary, all supplies are included.

The cost is \$35 per night for each workshop. Please prepay at the link on the Heartbeat to RSVP and sign up. www.heartbeatcgh.com/holidaycrafts



Festival of Trees



Thank you to the CGH Community Impact Program and the CGH Cardiology department for creating and donating these beautiful trees to the Rock River Hospice and Home Festival of Trees. The 40th Annual Festival of Trees was held in Downtown Sterling, November 13-20.

Sauk Valley Top Workplaces

Sauk Valley Media is hosting a Top Workplaces contest between now and December 18. We have placed the voting link on the Heartbeat homepage for your convenience! You may vote for your favorite employer and each category one time per day between now and then (per email, so have your friends and family vote too!). You need to fill out a little

information the first time, but it only takes a minute. Let's make sure CGH is at the top of the list as one of the great employers in the community, since we will obviously be competing against other area healthcare facilities too! Please vote daily, early and often until December 18! Categories you can vote in are Large Employer, Company that Gives Back, and Healthcare Facility.



Work on Your Weight & Health



Are you ready to work on your health and your weight in 2023? Please consider signing up for the CGH Health Transformation Program (HTP).

The Health Transformation Program (HTP) teaches participants how to lower blood pressure, control blood sugar, improve cholesterol numbers, and lose pounds and inches in the process. HTP is a one year commitment that includes classes every two weeks, individual counseling by a certified health coach, and quarterly lab work. The cost is only \$150.00 per year (\$6.00 per pay) but CGH employees get their money back at the end of every quarter as long as you attend class and complete the labs. For more information on enrollment, contact Sherry DeWalt at ext. 5716, or Bryan Frederick at ext. 1057.

FRIDAY, DECEMBER 9TH

THE CGH AUXILIARY

COOKIE
CAPER!

& SHARE THE JOY MARKET

Pick up some holiday treasures and decor along with your treats at the Share the Joy Market! Gently used holiday items like wreaths, centerpieces, tree decorations, etc. may be found here for a great price!

CASH OR CHECK ONLY

RYBERG AUDITORIUM

Spotlight
on
Nursing



Natalie Cruse, MJ Health Law, BSN, RN
Director of Law, Policy and Regulation

Fun facts about me:

Music has been a daily part of my life for many years. I make my own curated playlists of songs and mix the songs on an online platform with a mixer.

My best career lessons:

- 1) Think twice (and a third time) before burning bridges in your career. What might feel good to do or say to someone at a critical time in your life, may not be the best option for the future.
- 2) Education is an investment in yourself that no one can ever take away from you. No matter the cost, the knowledge will always be with you; use it to your advantage.
- 3) Stay well-rounded. Develop other interests outside of your career.



3 words that describe me:

Loyal, Honest, Discerning

When I'm not working, I enjoy:

I enjoy spending time with my boys (19 and 9), my extended family and close friends, cooking, flower and vegetable gardening, and playing/mixing music.

What I like about my job:

I like the flexibility, and in turn, the accessibility the staff and doctors have if they need to reach out to me. It is very important to me to be available for things that may arise to a legal matter. My experiences in critical care nursing, office nursing, emergency room nursing, and patient advocacy (all at CGH), have been the building blocks for me in my current role, and that knowledge allows me to focus on the fine details of the who, when, why, and were of cares, policy/procedure in the event of a legal claim.

My job duties:

Much of my work centers around working with our malpractice defense attorneys in case strategy and continuous risk/benefit analysis each step of the way. This includes my presence alongside involved staff during their exposure in the case, as well as being a liaison between the Court's rulings and the hospital in making necessary changes to our process, policies and procedures. I also oversee our Patient Advocate, assisting with patient complaints that rise to my level. I advise administration, staff and doctors with inquiries on how best to handle potential legal situations. I work with our liability insurance company to ensure our organization is compliant with reducing legal liability in areas that are deemed high-risk, based on recent claims and rulings throughout the state and country.

December '22

31 Days of Christmas

Please join us in some holiday fun each day as we countdown to Christmas and the New Year! These activities can be done individually or as a department, and they are not mandatory. Follow your manager and department guidelines, as well as Joint Commission guidelines, and have fun! Happy Holidays!



SUN	MON	TUE	WED	THU	FRI	SAT
				Pay it forward to a co-worker 1	Red Out! (Wear red) Visit Dixon, Fulton, Mt. Carroll & Sterling Christmas Walks! 2	Visit Morrison & Polo Christmas Walks! 3
Adopt a child or family for the holidays 4	Decorate your department this week 5	Put a coat or an item in the Operation Cozy Community box in the Clinic lobby or at designated satellites 6	Bring a favorite holiday recipe & exchange with your co-workers 7	You've Been Gnomed Game (check your email) 8	Green Out! (Wear green) Don't forget to visit the Auxiliary's Cookie Caper! 9	Make paper snowflakes 10
Make a donation to your favorite charity 11	Turn your Holiday Gnome into HR CGH Holiday Paint Night @ 5 pm 12	Sing a Christmas carol to (or with) a patient to brighten their day 13	CGH Holiday Craft Night @ 5:30 pm Free Bow Making @ 5 pm 14	Put a hat or an item in the Operation Cozy Community box in the Clinic lobby or at designated satellites 15	Ugly Sweater/Bow Tie Day! Take a pic and send it to Marketing (info@cghmc.com) for the FB People's Choice contest! 16	Go see local Christmas light displays & drink hot chocolate 17
Bring a treat to a nursing home from you or your department 18	Take an individual or dept holiday pic today or tomorrow (info@cghmc.com) to make a holiday greeting from our staff to the public! 19	Complete the holiday gnome emoji game in your email today! 20	Bring cookies to share or do a cookie exchange within your dept. 21	Bring an ornament or small hand-made gift for a patient 22	Red and Green Out! (Wear red and green) 23	Call or text a family member you haven't talked to in a while 24
Merry Christmas! Share a family Christmas memory 25	Bring a holiday drink recipe to share with your co-workers 26	Put mittens or an item in the Operation Cozy Community box in the Clinic lobby or at designated satellites 27	Post New Year's resolutions for your dept. in your breakroom 28	Write a note of encouragement or appreciation to a co-worker or volunteer 29	Wear your favorite CGH shirt! 30	Happy 2023! 31

Scholarship Deadlines

CGH Employee Caring Fund Scholarship

Deadline: Thursday, December 15

The CGH Caring Fund Scholarship was created in 2014 by the CGH Caring Fund Committee and is funded 100% through CGH Medical Center employee contributions. The scholarships are for any CGH Medical Center employees who are continuing their education through trade school/college/university and is meant to support those who are pursuing careers in any field. Full- and part-time students may apply. Two \$500 scholarships will be awarded for the 2023 Spring semester. For more information, please visit Lifeline or email caring.fund@cghmc.com.

CGH Health Foundation DeLange Textbook Scholarship

Deadline: Friday January 6

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.

Operation Cozy Community

We will be having a coat/hat/mitten drive called Operation Cozy Community in partnership with the CGH Employee Caring Fund throughout our CGH facilities and satellites.

There will be bins for donations through the winter, and we will publicize all the information on social media soon.

Locations will be in charge of manning their own coat/hat/mitten racks. Donations will be for gently used or new winter items, and patients/public can give and take what they need at their discretion.

Any items/donations placed in bins but not acceptable for the drive can be put in a bag for Good Will/Salvation Army, etc. We will make appropriate signage for the locations as well.

