



# Communique

February 24, 2022

A CGH Medical Center Publication

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## #FOREVERGRATEFUL VALENTINE NOTES FROM THE COMMUNITY

The time, care, concern, devotion, and endurance of the ED Nurses blesses your patients. Thank you.

Thank you to all the nurses who have pushed through and sacrificed their own mental health to make sure their patients and the community are taken care of during these difficult times. Your dedication does not go unnoticed!

Thank you for all the hard work and dedication to CGH BHU!

Our patients are lucky to have you by their side on their mental health journey!

Thank you to everyone at CGH Medical Center and the CGH Clinics!!!!! Special shout-out to the Oncology Dept. Happy Valentine's Day!

To ALL OF THE ED NURSES: You are loved and prayed for today! Thank you for EVERY SINGLE THING that you do!

#### **CGH Updates Visitor Restrictions**

With decreasing numbers of COVID-19 cases in our community and in the region, we are cautiously beginning to ease our visitor restrictions.

Effective Wednesday, February 23, CGH Medical Center's general requirements for visiting responsibly now include the following:

 ONE to TWO patient-designated visitors at a time in rotation are allowed. Nursing staff will ask patient for visitor names upon admission. Visitors who have tested positive for COVID-19 in the previous 10 days will be asked to leave.



- Visiting hours are from 8 am to 8 pm.
   (After 5 pm, please enter through the Emergency Department entrance.)
- **ONE** visitor may stay overnight with the patient as requested.
- No visitors under the age of 18 (unless approved by the Department manager).
- Regardless of vaccination status, ALL visitors must continuously mask when
  entering/exiting the premises (in the hallways, etc.) and when the healthcare team
  is in the patient's room providing care. Due to CDC and IDPH guidance, masks
  continue to be REQUIRED for staff, patients and visitors in all healthcare/medical
  facilities, including the hospital and all of our clinics.
- Visitors will be provided a colored "Visitor" sticker for the day. This must be worn at all times.
- Visitors must remain in the patient room during the patient's stay or in the designated waiting area while the patient recovers.
- Special exceptions will be allowed for:
  - Minor children admitted to the hospital
  - Birthing Center
  - Developmentally disabled patients
  - End of life
  - Special circumstances (i.e. dementia, decisional capacity)
  - Outpatient testing patients who need assistance

We appreciate your patience and understanding as CGH Medical Center's response evolves and various protocols are updated. Ultimately, our goal is to continue to maintain the safest environment possible for our patients and co-workers.



#### Renee Stach, RN Critical Care Unit

#### Fun facts about me:

I have two beautiful girls, Leah (14) and Norah (10), and they are my greatest source of joy in my life. My husband, Mark, inspires me also, as I enjoy helping him with his peace project called "Peace of Art Project". We create peace signs as gentle reminders that we can have peace if we want it. It's up to us.

#### My best career lesson:

I can do anything I set my mind to. I graduated nursing school while my husband was deployed to Iraq. Never give up on your dreams and you will be successful in life. Treat everyone with respect and kindess, and you will get that in return.

#### 3 words that describe me:

Kind, Compassionate, Dedicated

#### When I'm not working, I enjoy:

Watching professional wrestling with my family! We have attended both WrestleMania and the Royal Rumble this past year. I also love spending time with our animals, and going to training classes with our dog, Ziggy Stardust.

#### What I like about my job:

The pride I have in the teams I work with on a day-to-day basis. I am proud to work with every one of them. They are the ones who make me grateful that I work at CGH.

#### My iob duties:

I am the Assistant Nurse Manager of the Critical Care Unit, Cardio Lab, Cardiac Rehab and Dialysis.

February 22

### **Thank You!**



Thank you to local resident, Tammy Miller, for donating flowers to the hospital so that every patient could receive one for Valentine's Day.

## Download Your FREE Calm Subscription



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CGH is able to offer the Calm subscription as part of our current Employee Assistance Plan (EAP) and are excited to make it available to all of our employees. You'll find a comprehensive library of content from Meditations, Sleep Stories, and Music. All to help you manage stress, mental health, and so much more.

To unlock your FREE Calm subscription, scan the QR code or visit www.calm.com/b2b/cghmc.com/subscribe

#### Once on the page:

- Create an account or sign in to your existing Calm account.
- Enter your work email in the box provided to activate the subscription on your Calm account.



• Download the Calm app and log in to your account to access the premium content.

### **Sterling Kiwanis Donation**



The Sterling Kiwanis Club recently donated snack boxes to hospital staff to show their appreciation for all they do for patients in our community.

Thank you, Sterling Kiwanis!

## CGH Auxiliary Volunteer Spotlight

Name: Peggy Brushaber

I live in: Rock Falls

Joined CGH Auxiliary in: 2014

Hobbies: I like reading, walking

and taking long drives.

Area(s) of Volunteer Service:

Gift Shop

**Hours:** 880

What I enjoy most about volunteering: It makes me feel like I have a purpose in my life. I also enjoy talking to others and just being among others.



**PEGGY BRUSHABER** 



After two weeks of walking we have reached over 4.3 million steps! Help us reach our new goal of 10 million steps by the end of February.

Keep walking and reporting your steps and share our challenge with your friends!





Help us hit million steps in February!
Help your heart and enter for a chance
to win one of our weekly prizes!

**Prizes** 

Feb. 7 - CGH Health Foundation "Go Red" t-shirt (10 awarded)

Feb. 14 – CGH Heart Check test (3 awarded)

Feb. 21 - Blood pressure machine (2 awarded)

Feb. 28 - Beats Ear Buds

Scan the code to enter your steps and enter for prizes. We will draw names every Monday in February. (Limit 1 submission per day)



You may also enter steps at www.cghmc.com/stepitup

## **Relaxation Station Now Open**







Thank you everyone that was able to stop by the open house for our new staff "Relaxation Station" last week. The station is now officially open for you to enjoy, 24/7/365, and is completely complimentary and for our staff only.

Presented by the CGH Wellness Committee and sponsored by the CGH Health Foundation and an anonymous donor, the Relaxation Station offers a rejuvenating and calming area for staff when they are struggling and need to recharge. The room features massage chairs, soft lighting, calming music, adult mosaic coloring, and a community journal.

Please read the guidelines provided in the room to maximize your experience. There are extra supplies located in the chest of drawers, including OR booties, Kleenex and towels. The code to get into the room is 2256; this spells the word, CALM.

Thank you for working hard for our patients each day! Enjoy your 15 minutes per visit in our employee "Relaxation Station."



## March Birthdays

- Brittany Holocker Ashley Imel Miranda Long
- Stephanie Traff Glenn
- Kim Vandermyde
- 2 Alexis Ewald
- 2 Mariel Kester 2 Cierra Wilder
- Brian Zschiesche
- 3 Grant Conibear
- 3 Kara Diedrich
- 3 Nicole Tessendorf
- 3 Klarissa Truemper
- 3 Kimberly Wainscott
- 4 Sally Canas
- 4 Leslie Lackey
- Perri Ploa Angela Reitzel
- Konnie Swanson
- 5 Norma Alvarado-
- Urrutia
- 5 Kaitlyn Crawford
- 5 Kate Janssen
- 5 Heather Musselman
- 5 Lindsay Wallace
- 5 Mary Ann Webb 6 Karen Dever
- Corrine Gibson
- Mary Hammelman
- Diellza Osmani
- **Christy Fredericks**
- Rebecca Rhodes
- 8 Jason Larson
- 8 Christine Maves
- 8 Summer Smith Alice Vetter
- 10 Carly Ebersole
- 10 Sarah Snow
- 11 Tiffany Houzenga 11 Katie Leffelman
- 11 Allison Loggins
- 11 Concha Sitter
- Taylor Tetrick 11
- 12 Donna Dorathy 12 Debra Lira
- 13 Shari Batten
- 13
- Steven Crowe
- 13 Melissa Goldie
- 13 Lisa Little
- Anna Beswick 14
- 14 Miranda
- Daugherty 14 Julie Hurd
- **Amanda Thomas** 14
- Cortney Parker 15
- 15 Janice Repass
- 15 Trina Strock
- Kiana Aude 16 **Brittany Hemminger** 16
- Shawna Snapp 16
- 17 Jill Bryan
- 17 Cara Firch
- 17 Morgan Judd
- 17 Rod Miniel

- Sandi Baylor-Schmidt
- 18 Wendy Faley
- Ellyn Horn 18
- Rosa Ibarra 18
- 19 **Beverly Burrows**
- 20 Molly Anderson
- Kelli Dean 20
- 20 Fran Haan
- 20 Joseph Kelly
- 20 Marissa Rosengren
- 21 Katelyn Hopper
- 21 Katie Johnson
- 22 Margo Bartels
- 22 Tammy Eads
- 22 Heather Hagemann
- 22 Kali Hubbard
- Machelle Johnson
- Canaan Ross
- Timothy Schumaker 22
- 22 Julie Schwenk
- 22 Kylie Winsett
- 23 Melissa Cassens
- **Edward Hanlon** 23
- 23 Evan Klein
- Faith Langenfeld 23
- 23 Patti Nice
- 23 Jamie Swearingen
- 23 Pamela Walrath
- Peggy Burger
- 24 Pamela Fugate 24 Shannon Gipe
- 24 Jennifer Jellerichs
- Rosemarie Merced 24
- 24 Michelle Mize
- 24 Sammantha Portner
- 24 Kayla Saville
- 25 Dana Behn
- 25 Teresa Goodell
- 25 Melissa Jacoby
- 25 Rebecca Mays
- 25 Amanda Smith Samantha
  - Weathers
- 26 Judy Meinsma
- 28 Olivia Baker
- 28 Anne Cordell
- 28 **Shannon Gallentine**
- 28 Wendy Seloover
- Rae Walls 28
- 28 Robert Whittaker
- 28 Alison Wittenauer
- 29 Margaret Godman
- 29 Gina Grennan
- 29 Seth Janssen
- 29 Krzysztof Malewicz
- 29 Peggy Montgomery
- 29 Hannah Schwenk

Jeanette Keegan

Korissa Briscoe 31

30

- 31 Ashley Davis
- 31 Kimberly Jacobs
- 31 Betsy Leech 31 Theresa McFadden
- 31 Marina Sanchez

CGH MEDICAL CENTER AUXILIARY

## Quilt Raffle ENDING SOON



**Drawing Friday, March 4th** 

TICKETS FOR SALE IN THE **AUXILIARY OFFICE TILL MARCH 4TH** 

\$5 PER TICKET; BOOK OF 5 FOR \$20

CASH AND CHECK ONLY

Save the Date! Scrubs On-Site Sale

Wednesday, March 23rd

RYBERG **AUDITORIUM** 

CGH Logo Apparel Online Store to follow

Featuring New Items!



Sponsored by CGH Auxiliary