



Communique

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A CGH Medical Center Publication

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Silent Auction Baskets Sought for Delicious Designs 2021

Baskets of all types, experiences, services, desserts and gift cards are being sought for the October 21-26 CGH Health Foundation Delicious Designs virtual Silent Auction. The 8th annual event will give a boost to area women. Co-Chairs are Lindsey Fiorini, CGH Physical Therapy department, and Lindsey Pistole, Sauk Valley Bank.

"With all proceeds going to our long-time Women's Health Program and the new OB Mom Project, we'd love to receive baskets that pamper the new mom and baby as well as women in general," said Team Lindsey. "You can drop off a finished basket to the

Foundation office or just some items you'd like to donate. We also have starter baskets that you might want to take and finish off with a few extra fun pieces."

A new day of behavioral health assistance for our OB moms who have suffered so greatly during the pandemic is being added to the free CGH Ways to Wellness Program. There was a 31% jump in all patients seeking counseling last fiscal year. Among that group was a large number of pregnant and new moms, who were impacted by the isolation and stress resulting from mandated restrictions. A YouTube yoga class and Zoom support group are also being offered.

In partnership with the CGH Diagnostic Imaging Department, the Foundation funds screening mammograms at no cost for area women, plus helps with diagnostic screenings, breast biopsies, ultrasounds, and MRIs. Comfort care bags and meals during chemotherapy are also sponsored for our cancer patients.

AirAuctioneer.com will be used again for the virtual auction and will go live on October 20. Bidding runs from 7 a.m. Thursday, October 21 to 8 p.m. Tuesday, October 26. To donate or sponsor a basket, experience, service, dessert, or gift card, please contact: Lindsey Fiorini, 815/677-7049; Lindsey Pistole, 815/878-7564; Joan Hermes, ext. 5672; or Amanda Blaine, ext. 5575. Items are being taken now through the end of September.

There will also be an opportunity to create a Virtual Pink Ribbon Tribute in memory of or in honor of a loved one who has been impacted by breast cancer. Virtual ribbons will be posted in a gallery on the CGH Facebook page. More details will come later.



Ethan Brooks, DSC, PA-C, SVACC Customer Service Award Winner



Congratulations to Ethan Brooks, DSC, PA-C, and the CGH Orthopaedics Staff for receiving the August Sauk Valley Area Chamber of Commerce Customer Service Award for compassionate care shown to a patient.

"I recently had an incident at home that landed me in the emergency room. This led me to meeting Ethan Brooks. From that time to today, he and his staff were nothing but excellent. He answered all of my questions and made sure that both my wife and I were at ease. In my follow-up visits, he and his nurse took great care and vested time in my well-being. I am happy to say that all is healing well, and I am going to miss our interactions."

Thank you, Ethan, for your dedication and professionalism!

Ed Andersen Scholarship

Need funding for college?

Apply for the \$2,000 Ed Andersen Healthcare Scholarship, funded annually by the CGH Health Foundation. Deadline is Wednesday, September 15 at 5 p.m.

The Ed Andersen Healthcare Scholarship was established in 2014 by the CGH Board of Directors in gratitude for the former CGH CEO/President's exemplary career of more than 35 years. The healthcare scholarship is based on merit and financial need. Full- and part-time healthcare and nursing students may apply. Students already accepted into their professional school of study for either a nursing or healthcare degree are eligible.

Criteria:

- Reside in CGH Medical Center service area (includes Whiteside, Lee, Carroll, Ogle and Bureau counties)
- Demonstration of financial need; merit also considered
- Minimum 3.0 grade point average on a 4.0 scale overall or equivalent
- Proof of acceptance in accredited nursing program (CNA, CMA, LPN, RN, ADN, BSN, MSN, NP)

OR

Proof of acceptance in accredited healthcare program (such as physical therapy, speech pathology, pharmacy, emergency medical technician, radiology technology, dietitian, for example). (DOES NOT INCLUDE pre-med, pre-physical therapy and other type designations.)

Go to Lifeline/Internal Sites/Scholarship Forms or www.cghmc.com/scholarships to download the application. Questions? Email joan.hermes@cghmc.com.

Resthabe Nursing Home Backpack Distribution



Beth Vandersnick, Education & Quality Improvement Coordinator, and **Mary Jean Dereberry**, BSN, RN-BC, Director of Nursing Professional Development & Patient Experience, recently helped at the Resthabe Nursing Home backpack distribution in Morrison. Helping them is Mary Jean's grandson, Caden.

They helped distribute 175 backpacks filled with school supplies to Morrison students. The backpacks were filled with supplies generously donated by community members, local churches, clubs, CGH Medical Center and Vacation Bible School.

Thank You Healthcare Heroes

On Wednesday, August 25, a horrific accident with fatalities happened on Route 30 between Sterling and Morrison. Nine people were involved



and all were transported to CGH. In addition to the ED team calling in extra staff, nurses and medical staff from throughout the hospital came to assist, and everyone came together as a team to handle the crisis. Our CGH staff went above and beyond to assist the family while they were at CGH, and after discharge, even drove them to a local hotel where they helped get them settled for the night. The family couldn't stop sharing how thankful they were to our entire care team for their compassion and assistance, even stating that this kind of "Good Samaritan help" would never happen in Chicago. Everyone went above and beyond to care for their physical and emotional well-being.

Since that time, rooms were booked for the family so they could rest and get things in order after the shock of yesterday's events, and the Salvation Army and Red Cross will likely be involved to help them transition to whatever is next for them.

We send our condolences to those involved in the accident, and sincere thanks to CGH EMS and EVERYONE who assisted in the ED during and immediately following this incident. We make a difference in the lives of our patients every day, but this was, as Dr. Steinke would say, a "defining moment" for this family. It is apparent they will never forget the care and compassion provided by our CGH family.

Social Media Ambassador



What is a Social Media Ambassador? Several of you commented on our survey that you are interested, or would be willing to help. We will be in touch with you shortly!

Social media ambassadors are simply individuals who are already passionate about CGH's brand and cause and are willing to share our stories or messages with others. They also help and assist us just by watching comments and stories about CGH, alerting us when necessary, and helping to answer questions or point people in the right direction as needed. They post great things that are happening around CGH, inside and out, and share it with their own pages and ours.

Please let us know if you are interested! It should not take much more time than what you are already spending on social media! Thank you!

EMS Department Donation



Pictured from L-R are Chad Hartman, Assistant Director of Prehospital Care Ambulance; Dave Osborn, Auxiliary President; Kim Skrogstad, Gift Shop Manager; Kim Bryant, Gift Shop Volunteer; and Ryan Venema, Director of Prehospital Care Ambulance.

Last Tuesday, the CGH Auxiliary donated teddy bears to the EMS department. The teddy bears are given to children who are taken to the hospital in the ambulance. Thank you, CGH Auxiliary!

Survey Thank You

Thank you to all of you who completed the marketing survey!

Submit a Story for the Communique

[Click Here](#)

We had 471 responses, and will be putting the results up soon on the CGH Heartbeat. We also had some great ideas, including more personal and professional stories about our employees. We have added a section to the Heartbeat called SUBMIT A STORY FOR THE COMMUNIQUE (top right purple bar) where you can submit a photo and story, or an idea for us to use! We can't wait to see and share more about all of you!

Employee Caring Fund Committee Openings

The CGH Employee Caring Fund is currently looking for new committee members.

The CGH Employee Caring Fund is an employee to employee program, 100% funded by employee contributions. Employee contributions enable the program to fund scholarships for CGH employees and send a thoughtful token to a fellow CGH employee in the event of a birth/adoption of a child, hospitalization, death of an immediate family member, or a personal catastrophe.



If you are interested in joining the committee, please email Ashley Roux at ashley.roux@cghmc.com for details.

September Birthdays

1	Anna Austin	13	Michele Schueler
1	Sherilyn Corwell	13	Madison Zellmer
1	Brandy Galvan	14	Jennifer Deetz
1	Mary Gerken	14	Shannon Klausing
1	Joanna Gorski	14	Marla Rhodes
1	Casey Lafrentz	15	Kaitlin Brown
1	Logan Miller	15	Kevin Harshman
2	Chris Polloway	15	Vanasha Jones
2	Nancy Shank	15	Chassity Rayhorn
3	Nathan Ackert	16	Lissett Ramirez
3	Cheri Blair	17	Tracy Boyle
3	Russell Blase	17	Brenda Sierra Jimenez
3	Mary Nelson	18	Alaina Burtlow
3	Cristina Quinn	18	Jackie Ditzler
3	Cherish Rhodenbaugh	18	Kimberly King
4	Christopher Fry	18	Vinh Nguyen
4	Trisha Harden	19	Erika Adams
4	Nora Serrano	19	Pamela Capp
4	Tyler Thompson	19	Teresa Cramer
4	Alexander Whelan	19	Catherine Roux
4	Denise Wooden	19	Courtney Warren
5	Jane Duffy	20	Kayla Bland
5	Heather Loftus	20	Cordus Easington
5	Victoria Magana	20	Chad Hartman
6	Tearra Gallentine	21	Judy Coppotelli
6	Roxane Gluff	21	Brooklynn Freas
6	Brianne Hamstra	21	Carol Garcia
6	Crystal Hughes	21	Amy Hicks
6	Jouquenia Johnson	21	Gregory Lahey
6	Michelle Kelly	21	Amanda Michel
6	Tara Mackey	21	Jennifer Porter
7	Janine Fischbach	22	Elizabeth Coss
7	Samantha Johnson	22	Andrew Cruse
7	Christine Lawson	22	Linda Lightner
7	Megan Parkinson	22	Kathy Milby
7	Penny Smit	22	Lirije Tefiku
7	Marjorie Wiley	22	Shirley Wolford
8	Sherry Cushing	23	Tara Jackley
8	Nicole Heun	23	Jeffrey Lemay
9	Morgan Patterson	23	Christiano Segretto
9	Chelsey Vetter	25	Tiffany Manzano
10	Nicole Bachman	25	Laurie Terry
10	Wes Bittner	25	Kaitlin Vandermyde
10	Rubey Gallentine	25	Brooke Witmer
10	Janelle Sharp	26	William Gallentine
10	Connie Stern	26	Melissa Greschke
10	Kelli Vilmont	26	Beth Warner
11	Penny Avila	27	Skylar Savage
11	Shelley Chappell	28	Kari Folkers
11	Ashley Clayton	29	Diana Dillon
11	Bruce Henson	29	Ian Eastman
11	Kathy Spillman	29	Neil Jones
11	Nancy Wait	29	Carrie Rodriguez
12	Colt Adams	29	Brianna Tornow
12	Ben Mireles	29	Heather Trotter
12	Alicia Rosas	29	Antonia Weaver
12	Becky Straub	29	Dawn Willman
12	Cynthia Wadsworth	30	Kimberly Damhoff
13	Maureen Frey	30	Lisa Delgado-Flores
13	Christine Grennan	30	Jason Schneider
13	Jennifer Olson	30	LuAnn Stukenberg



CGH AUXILIARY ANNIVERSARY

ENJOY A NIGHT OF FOOD, DRINKS, ENTERTAINMENT, & GOOD COMPANY
IN HONOR OF THE CGH AUXILIARY'S 75TH ANNIVERSARY!

FRIDAY, NOVEMBER 5TH, 2021
6:30PM - 9:30PM • MCCORMICK EVENT CENTER
205 E 3RD ST, ROCK FALLS, IL • \$50 PER PERSON

FOR ADDITIONAL INFORMATION PLEASE CONTACT,
DEB KEASCHALL • (815) 625-0400 EXT. 5727



About Well-Being and Whole Life Balance...

"You can't go back and change the beginning, but you can start where you are and change the ending."

C.S. Lewis

Submitted by the Awards, Recognition, and Well-Being Subcommittee



Yoga Class

The CGH Health Foundation offers yoga every **Monday at 5:15 p.m. in the community room at 2600 North Locust in Sterling.** Anyone in the community is welcome. The instructor is Sherry Prescott and cost is only \$5. Please bring your own mat, also strap and blocks if you need them. Masks must be worn to enter the building and must be worn during class regardless of your vaccination status.

