



# Communique

March 25, 2021

A CGH Medical Center Publication

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### **REMINDER!**

**CGH Auxiliary Scholarship  
Deadline is April 1 at 5 p.m.**

For more information, visit  
[www.cghmc.com/scholarships](http://www.cghmc.com/scholarships)

## CGH Medical Center Unveils New Behavioral Health Unit



*Sauk Valley Area Chamber of Commerce members, community leaders and CGH staff joined Kristie Geil, Vice President and Chief Nursing Officer; Dr. Paul Steinke, President and CEO; and Lorri Mostad, Behavioral Health Nurse Practitioner in the ceremonial ribbon cutting for the Behavioral Health Unit.*

CGH unveiled the new Behavioral Health Unit via a private partnership open house on Friday, March 19, and an employee open house and a chamber and board ribbon cutting on Wednesday, March 24. A total of approximately 200 attendees were able to socially distance and meet the staff and tour the new 10-bed unit, which is set to open for patients in April.

"It doesn't matter how many times a patient with mental illness comes into the Emergency Department ... they can't get better with that care alone," said Sarah Alvarez-Brown, CGH Emergency Department Director. "To have this unit here at CGH — and to be able to establish that continuity of care without sending the patient out of the area — will be a huge asset to our community and to our patients."

Sometimes called a psychiatric unit, a behavioral health unit (BHU) is an area of the hospital designed specifically for providing care for reasons related to mental health. These issues can include minor episodes of stress, anxiety and depression, along with alcohol dependence or drug use. This also includes more serious conditions such as major depression, panic attacks, bipolar disorder, obsessive compulsive disorder (OCD), post-traumatic stress disorder (PTSD) and even more severe issues such as suicidal or homicidal thoughts. People typically need care in a BHU because their symptoms are serious and unstable, or they are at risk for harming themselves or others. The main goal of the unit is to provide a safe, secure setting where adults can receive treatment and move beyond the immediate crisis.

"The Whiteside County Community Health Plan indicated that mental health admissions were the most needed service that CGH was currently unable to provide," said Kristie Geil, Vice President and Chief Nursing Officer. "The goal of the new unit is to help care for patients closer to home and closer to family that can help be involved in the patient's care."

The unit will consist of 10 beds (four semi-private rooms and two private), along with inpatient therapy groups run by all levels of professionals. Anupama Upadhyay, MD, and Lorri Mostad, RN, MS, APN, PMHNP- BC, will be available seven days a week to provide psychiatric diagnostic and prescribing services to adult inpatients.



Congratulations to **Dana McCoy**, Marketing Director, for passing the board exam and achieving her FACHE (Fellowship of the American College of Healthcare Executives) board certification in healthcare management.



**Way to go, Dana!**

## Candlelight Inn Shows Support

Candlelight Inn chicken aficionados got their taste buds tickled and gave a boost to a local charity, all at the same time, during the month of February. A total of \$13,020 was recently presented to the CGH Health Foundation.



Candlelight Inn Owner Matt Prescott and Joan Hermes

The restaurant pledged \$1 for every item featuring chicken purchased during February, with all proceeds going to the Foundation. Both the Sterling and Rock Falls Candlelight restaurants took part in the fundraiser. The Foundation funds 18 wellness programs and healthcare services initiatives in the five-county service area of CGH Medical Center.

"We are delighted at the goodwill shown by the folks at Candlelight as well as the amazing support from their customers," said Joan Hermes, Executive Director of the Foundation. "This year especially we have funded numerous COVID-19 related projects that were not in our budget, so this gift makes a huge difference in our ability to make life easier for kids and adults in the Sauk Valley."

Hermes said pulse oximeters have been purchased to give to COVID-19 patients who are discharged from the hospital. "This handy tool tracks their oxygen levels and pulse rates when they go home. Many times, individuals don't realize how close to crisis they might be with reduced lung capacity from the virus."

Owner Matt Prescott said, "We were happy to work with CGH Health Foundation on this project, involving our customers and benefiting our community."

The Foundation also sponsors rides to get patients to and from hospital and clinic appointments, as well as transportation to out-of-town specialists; a B-CALM help phone line for youth and families suffering from the pandemic; pediatric mental health services in area schools; medication assistance; and comfort bags and meals during treatment for chemotherapy patients, to name just a few projects.

## Save the Date!

**It's time to start planning for the CGH Health Foundation's Virtual Auction that will run beginning Friday, April 30 at 7 a.m. and closing on Tuesday, May 4 at 9 pm on [airaucioneer.com](http://airaucioneer.com).**

**Want to find out how you can help? Email Mimi Hicks, the 2021 Employee Division Chair, [Amanda Blaine](mailto:amanda.blaine@cghealth.org) or [Joan Hermes](mailto:joan.hermes@cghealth.org).**

Being on this committee is very flexible. We need volunteers to recruit baskets and desserts, tell fellow CGHers about the Foundation and help us brainstorm new events for our co-workers. You can help a little or a lot, whatever works best for you!

Grab your friends and coworkers and start creating your amazing baskets! Please help make this event bigger and better than ever! If you would like to donate a basket or dessert item, contact Amanda Blaine, ext.5575, or one of the co-chairs listed below as soon as possible!

### Silent Auction

**Friday, April 30 from 7 a.m. through Tuesday, May 4 at 9 p.m.** through [airaucioneer.com](http://airaucioneer.com)

### Co-Chairs:

**Tiffany Marquez**, Accounts Receivable Clerk, **ext. 6198**, and **Beth Warner**, Communications Coordinator, **ext. 6110**.

Please bring your baskets to the Foundation office at 2600 N. Locust St. by Friday April 23 at 5 pm. All proceeds go to the 2021 CGH Health Foundation Annual Appeal.

# BLOOD DRIVE

## CGH Medical Center

Thursday, April 1

9:30am – 7:00pm

Ryberg Auditorium (100 E. LeFevre Rd.)

**MASKS AND APPOINTMENTS ARE REQUIRED.**

To schedule online:

[https://login.bloodcenter.org/donor/schedules/drive\\_schedule/89108](https://login.bloodcenter.org/donor/schedules/drive_schedule/89108)

Or call Michelle or Bryan at 815-625-0400 (x6879 for Michelle or x1057 for Bryan)



**TOGETHER**

*We're a Perfect Pair!*

All donors will receive a voucher to redeem for socks or a gift card.

# CGH Health Foundation Annual Appeal

Want to help your community and have fun doing it? Give your time to the CGH Health Foundation and feel good knowing you are helping your neighbors in the Sauk Valley!



## GIVE TO THE CGH Health Foundation AND FEEL GOOD!

Each year, CGHers play a major role in changing lives and savings lives for children and adults in our area communities. Through your giving, you help over 30,000 people annually in need of healthcare services, medication, transportation, wellness education, and scholarships.

This year we will be working especially hard on raising funds for a multi-year collaborative project to reduce childhood trauma for our area children. Because we want our children to thrive in health, learning and in life, the CGH Health Foundation has pledged to commit resources to this project. We will be joining forces with our OB Dept., the Regional Office of Education, Sinnissippi Centers, Lutheran Social Services, Whiteside County Health Department, Illinois Extension Service, YMCA, YWCA, to name a few organizations involved.

There will be a focus on educating area communities about ACES (Adverse Childhood Experiences) and how a traumatic start in early years can lead to physical and mental health issues. Starting May 1, we will be adding two days of counseling services to the CGH Ways to Wellness Program. This will allow more time for our OB moms who have reached out during this rough pandemic year as well as the increased need by our patients overall. More details will be shared soon.

The Foundation is committed to helping address the root cause of trauma and addressing risks at an early stage when prevention and early intervention could have the biggest benefits. With your help, we will be successful in funding efforts to add or update services and resources for our area children and families.

## Welcome New Employees

### **Amy Meyer**

*Clinical Therapist, BHU*

### **Michelle Kelly**

*Behavioral Health Specialist, BHU*

### **Rubey Gallentine**

*Pharmacy Technician, Pharmacy*

### **Marddi Rahn**

*RN, Surgical*

### **Susan Hendricks**

*RN, Internal Medicine*

### **Kari Matthews**

*Receptionist, Pharmacy*

### **Sarah Fields**

*Clinic Screener, Disaster Relief*

### **Alona Perry**

*HUC/CNA, Float-Hospital*

### **Siera Wetzel**

*RN, CCU*

### **Abbie Seaberg**

*RN, OR*

### **Deb Patterson**

*Clinic Screener, Disaster Relief*

### **Kylie Heninger**

*Receptionist, Neurology*

### **Irma Lacourt**

*Receptionist, Family Medicine  
Downtown*

### **Mason Long**

*RN, Surgical*

### **Lizzy Ptasnik**

*RN, Surgical*

### **Connie Geerts**

*Clinic Screener, Disaster Relief*

### **Amber Bishop**

*CT Trainee, CT*

### **Cesar Valdivia**

*Clinic Screener, Disaster Relief*

### **Olivia Baker**

*RN, Obstetrics*

## April Birthdays

|    |                      |    |                     |
|----|----------------------|----|---------------------|
| 1  | Rose Bass            | 15 | Tammy Vinson        |
| 1  | Penny Capesius       | 15 | Cindy Zander        |
| 1  | Skyler DeLaFuente    | 16 | Rosemary Gittleson  |
| 1  | Kaley Downie         | 16 | Robin Klenz         |
| 1  | Susan Eyrich         | 16 | Leah Landis         |
| 1  | Tiffany Ramirez      | 16 | Debra Maxson        |
| 1  | Renee Stach          | 16 | Carol Wright        |
| 2  | Christopher Gale     | 17 | Amanda Blasdell     |
| 2  | Jill Halverson       | 17 | Tara Celletti       |
| 2  | Jesse Pate           | 17 | Deborah Etheridge   |
| 2  | Sarah Prowant        | 17 | Lyndi Lemay         |
| 3  | Evan Cooper          | 17 | Anne Saintelus      |
| 3  | Angelica Dornes      | 18 | Bryan Kemker        |
| 3  | Ken Masters          | 18 | Serena Lahey        |
| 3  | Esther Salazar       | 19 | Evelin Barrientos   |
| 3  | Lauren Williams      | 19 | Melissa Brooks      |
| 4  | Kayla Magill         | 19 | Christopher Ramirez |
| 4  | Dawn Mayes           | 19 | Tara Steingraber    |
| 4  | Joseph Real          | 20 | Wendy Burke         |
| 5  | Linda Baker          | 20 | Jobelle Gamboa      |
| 5  | Tyler Lawson         | 20 | Heather Wakefield   |
| 5  | Tiffany Marquez      | 21 | Andrea Castanon     |
| 6  | Andrea Ferguson      | 21 | Amie Stoecker       |
| 6  | Tanja Gruber         | 21 | Shawna Winstead     |
| 6  | Julie Penne          | 22 | Ashlea Canady       |
| 6  | Eddie Pruis          | 22 | Katlyn Hagen        |
| 6  | Frelea Tiongson      | 22 | Taylor Hockman      |
| 6  | Greta Van Weelden    | 22 | Rebecca Kundert     |
| 7  | Cari Johnson         | 22 | Glenna Lawson       |
| 7  | Marsha Malburg       | 22 | Brenda Miller       |
| 7  | Karen McNinch        | 22 | Sara Miller         |
| 7  | Jorge Monteagudo     | 22 | Sarah Slaunwhite    |
| 7  | Diane Shipman        | 22 | Alicia Wetzell      |
| 7  | Amanda Stephenitch   | 23 | Jill Adolph         |
| 8  | Debra Bowman         | 23 | Katherine Chase     |
| 8  | Lacy Renner          | 23 | Mary Devine         |
| 8  | Julie Schoeny        | 24 | Susanna Riley       |
| 9  | Andrea Fry           | 24 | Barbara Smith       |
| 9  | Kimberly Peikert     | 24 | Patricia VanDrew    |
| 9  | Henri Stewart        | 24 | Kim Wolfe           |
| 10 | Audriana Burks       | 25 | Amanda Dawson       |
| 10 | Promise Chambers     | 25 | Jaini Driscoll      |
| 10 | Lynette Ebersole     | 25 | Maxwell Klimson     |
| 10 | Kerri Stover         | 25 | Stephanie Robbins   |
| 10 | Abril Vazquez- Tapia | 26 | Sabrina Allen       |
| 10 | Mikayla Watkins      | 26 | Danielle Baker      |
| 11 | Karley Bonnell       | 26 | Andrew Manzano      |
| 11 | Suzette Schriener    | 26 | Dylan Scudder       |
| 11 | Paul Steinke         | 27 | Deborah Blackert    |
| 12 | Julie Donovan        | 27 | Melinda Brainerd    |
| 12 | Sondra Heidenreich   | 27 | Taylor Murphy       |
| 12 | Karri Kloeping       | 27 | Michelle Wiersema   |
| 12 | Amy Marcinkiewicz    | 28 | Alexandrea Brady    |
| 12 | Maureen McCormick    | 28 | Jennifer Rodriguez  |
| 12 | Michael Pearson      | 28 | Heather Widolff     |
| 12 | Gina Stanley         | 29 | Alicia Fritz        |
| 13 | Coral Engle          | 29 | Virginia Heal       |
| 13 | Andrew Jacobs        | 29 | Mary Matthews       |
| 13 | Hannah Walls         | 29 | Tim Pashon          |
| 14 | Rachel Deets         | 29 | Tarah Pyse          |
| 14 | Brandon Dewey        | 30 | Steven Adee         |
| 14 | Ashley Mickelson     | 30 | Tammy Heslop        |
| 15 | Justin Brown         | 30 | Amy Waldschmidt     |
| 15 | Melissa Henson       | 30 | Dena Wheeler        |
| 15 | Debbie Pratt         |    |                     |

## EMPLOYEE OF THE MONTH

**PAT  
ZIGLER**

**RN**  
Cardio



**MARCH 2021**

### ABOUT ME

- **I live in:** Rock Falls
- **Joined CGH on:** September 8, 1980
- **Education:** Newman High School and Rockford Memorial School of Nursing
- **Hobbies:** Singing in the church choir, swimming, bike riding, walking, vacationing where it is warm and reading

### PROUDEST ACHIEVEMENT

My children and grandchildren; being awarded the first Daisy Award at CGH and now being awarded this award

### MY FAMILY

Children, Sarah, Whitney and Sam; and six grandchildren

Pat has been filling in for CardioLab recently. She has been such a great co-worker! She is able to adapt to any situation. She has been consistently hard working and very flexible with her schedule. She has been working at Cardiac Rehab, the hospital CardioLab, and in CCU - even some overnight shifts. I feel Pat always has a positive attitude, and everything she does is for her patients. She deserves Employee of the Month for always going above and beyond everyday.



Purpose, Worthwhile Work...  
*Making a Difference!*