



# Communique

December 29, 2022

A CGH Medical Center Publication

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From craft nights to ugly sweater days and holiday lights to our Cozy Community Clothing Drive and Gnome Decorating Contest, we have been celebrating the "31 Days of Christmas!" with many fun activities. Thank you to all who participated throughout this holiday season! Wishing you all a Happy Healthy New Year! (See all of the gnome entries at: [www.heartbeatcgh.com/gnomes](http://www.heartbeatcgh.com/gnomes).)



**Best Overall  
OB/GYN**



**Most Jolly  
Katie Lawson  
Sleep Lab**



**Most Glitzy  
Heather Loftus  
Radiology**



**Most Creative  
Hospital  
Switchboard**



**Best Represents  
the Holiday  
Season  
Tresa Mackey  
Oncology**



**Radiology, Main Clinic**



**Patient Accounts**



**People's Choice Award  
for National Ugly Sweater Day  
CGH Downtown Medical  
Center - Upper Level**



**Laboratory**



**CGH Morrison Medical Center**



**Marketing**



**Pharmacy**



**CGH Helping Hands Daycare**



**Pharmacy**



**Administration**



**Pat Zigler, RN**  
Cardiac Rehab

**Fun facts about me:**

I started my career at CGH on Medical floor for three months before spending the next 38 years in the Operating Room. I have been in Cardiac Rehab since March 2019. I have done sprint distance triathlons. I am a homebody but do love going to Mexico every winter.



**My best career lessons:**

Nursing is a mixture of old and new. We have new and ever-changing technology but can't forget to go back to the basics and build on them, paying attention to details.

**3 words that describe me:**

Social, Sensitive, Volunteer

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

I enjoy being with my family, especially creating memories with my children and grandchildren; being outside enjoying nature; reading; and singing.

**What I like about my job:**

My patients. It is rewarding when they say, "Thank you for being there for me," knowing that I made a small difference in their road to recovery.

**My job duties:**

Cardiac Rehab involves working with patients that have experienced a cardiac event. We assist them in improving the function of their heart by gradually increasing their exercise tolerance, while closely monitoring their heart and blood pressure. We are all ACLS certified and utilize critical thinking skills daily.

**December '22**

**Work on Your Weight & Health**



**Are you are ready to work on your health and your weight in 2023? Please consider signing up for the CGH Health Transformation Program (HTP). The deadline to sign up is Friday, January 6.**

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.

**Caring Fund Donations**

If you have a favorite charity that is looking for holiday donations, remember to submit a request to the CGH Employee Caring Fund. Please send all donation requests to Ashley Roux in EMR.



The Caring Fund is funded 100% through CGH employee contributions. This money is used to send a thoughtful token to CGHers in the event of a birth/ adoption of a child, hospitalization, death of an immediate family member, or personal catastrophe. The Caring Fund also funds CGH employee scholarships, sponsors "Cheers from Your Peers" and contributes to local charities.



## Together We Share... Together We Care



"Together We Share...Together We Care" is a program started sixteen years ago by **Kimberly Teats-Garrison, PA-C**, CGH Morrison Medical Center. Her hope was to bring joy to local nursing home residents at Christmastime.

This year, the program collected and delivered goodies to over 500 residents at Allure of Geneseo (formerly Good Samaritan); Hillcrest Home of Geneseo; Pleasant View, Resthave & Homestead (formerly Windsor Manor) all of Morrison, Allure of Prophetstown (formerly Good Samaritan), Allure of Sterling (formerly Regency Care) and Big Meadows of Savanna!



Kimberly Teats-Garrison, PA-C

"When I was a little girl, I used to visit my great-grandparents in their nursing home in Morrison," Kimberly said. "I noticed how many residents of the home were lonely and often had little to no visitors, even during the holidays. This really bothered me and gave me the desire to make a difference, thus I began 'Together We Share...Together We Care'."

Thank you, Kimberly, and thank you to all who donated to this amazing program! For more information, follow the program's Facebook page at [www.facebook.com/TWSTWCKT](http://www.facebook.com/TWSTWCKT).



## New Walk-In Hours



New Walk-In Hours  
Now Available

Although appointments ARE STILL PREFERRED, the CGH Ready Care Clinic is now accepting walk-ins during the following times:

- Monday - Friday, 8:30-11:30 am and 1-4 pm
- Saturday - Sunday, 9 am-noon

To schedule an appointment, please call 815-564-1999.

## Scholarship Deadlines



### CGH Employee Caring Fund

Deadline: Sunday, January 1

This 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 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 details, please visit Lifeline or email [caring.fund@cgmmc.com](mailto:caring.fund@cgmmc.com).

### CGH Health Foundation DeLange Textbook

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.

# January Birthdays

- |    |                     |    |                        |
|----|---------------------|----|------------------------|
| 1  | Twinkle Singh       | 17 | Melissa Carroll        |
| 1  | Anja Wolf           | 17 | Bethany Conrady        |
| 2  | Susan Hendricks     | 17 | Scout Jones            |
| 2  | Natalie Jones       | 17 | Debra Keaschall        |
| 2  | Nicole Jones        | 17 | Grace McCullough       |
| 3  | Jennifer Haak       | 17 | Verna Rollo            |
| 3  | Eric Riley          | 17 | Shelly Salerno         |
| 4  | Brianna Maas        | 18 | Cathy Hawkins          |
| 4  | Dawn Siperly        | 18 | Jamie Sodaro           |
| 5  | Rebekah Funderberg  | 18 | Garrett Volz           |
| 5  | Stacy Kalina        | 19 | Preeti Joseph          |
| 5  | Teresa Kikuts       | 20 | Lauryn Nardini         |
| 5  | David Lahey         | 20 | Danielle Snapp         |
| 5  | Janelle Stenzel     | 20 | Angela Stralow         |
| 5  | Janice Valdez       | 21 | Anne Nehrkorn          |
| 6  | Annabelle Chattic   | 21 | Kirk Spielman          |
| 7  | Rickey Burge        | 21 | Kristin Todd           |
| 7  | Beth Peugh          | 22 | Karen Nestor           |
| 7  | Amara Thomas        | 22 | Ashlyn Wieneke         |
| 7  | Bradley Willis      | 23 | Emily Crossley         |
| 8  | Sarah Alvarez-Brown | 23 | Corinna Fortune        |
| 8  | Dennette Brown      | 23 | Megan Larson           |
| 8  | Chana Kullerstrand  | 23 | Tiffany Nutt           |
| 8  | Ashley Roux         | 23 | Kelli Teske            |
| 8  | Christi Ryan        | 23 | Laurie Wilkinson       |
| 8  | Laurie Sheridan     | 24 | Kymberly Hayen         |
| 8  | George Sturtevant   | 24 | Mimi Hicks             |
| 9  | Robert Coleman      | 24 | Julia Jordan           |
| 9  | Samantha Swanson    | 24 | Todd Roberts           |
| 10 | Holly DeWitte       | 25 | Amanda Blaine          |
| 10 | Amanda Englund      | 25 | Mark Moran             |
| 10 | Joan Hermes         | 25 | Boston Rodriguez-Chupp |
| 11 | Trevan Burn         | 26 | Adrienne O'Bryant      |
| 11 | Alejandro Escalante | 26 | Mikaley Smith          |
| 12 | Danielle Baker      | 27 | Carol Devers           |
| 12 | John Hahn           | 27 | Staci Dirks            |
| 12 | Morgan Rivera       | 27 | Natalie Eikenberry     |
| 13 | Erica Davilo        | 28 | Alexys Estrada         |
| 13 | MiKayla Layhew      | 28 | Sierra Glassburn       |
| 13 | Julie Zuidema       | 28 | Sierra Glassburn       |
| 14 | Aubriana Comer      | 28 | Amanda Hollowell       |
| 14 | Molly Diaz          | 28 | Theresa Rogers         |
| 15 | Katelyn Carp        | 29 | Catalina Carrizales    |
| 15 | Jill Gonigam        | 29 | Jennifer Ferris        |
| 15 | Sherri Graham       | 29 | Kiel Manus             |
| 15 | Alaina Schreiner    | 29 | Annette VanLanduit     |
| 15 | Nneka Wallace       | 31 | Ashley Cameron         |
| 16 | Leigha Schrader     | 31 | Julie Denning          |
| 16 | Carolyn Smoot       | 31 | Brook Elmendorf        |
| 16 | Erik Young          | 31 | Kathleen Sciacero      |



**SAVE THE DATE**  
**FEBRUARY 6TH**

AUXILIARY  
**SHOE ROADS SALE**  
**ONE DAY ONLY!**



**CGH MEDICAL CENTER** | **Employee Pharmacy**  
*Next to Inpatient Pharmacy, 1st Floor*

**EASY & CONVENIENT**

**Lower Co-Pays**  
*(90-Day Supply Available)*

**Courier Prescription Delivery to Off-site Offices**  
**Located Outside of Sterling / Rock Falls**  
*(3rd Shift Employees: See Drop-off/Pick-up After Hours Information on next page)*

**85%**  
Of CGH Employees/Dependents Utilize the CGH Employee Pharmacy

**HELP YOURSELF & CGH | COME GIVE US A TRY**