



Communique

May 6, 2021

A CGH Medical Center Publication

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Healthcare Heroes: CGH Nurses Inspire Hope Through Healing

CGH Medical Center is proud to honor our nurses during National Nurses' Week, May 6-12, an annual celebration to recognize the steadfast care and dedication these healthcare heroes show in our hospitals, clinics, and in our communities.

"The nurses at CGH have shown tremendous strength and courage throughout the last year," said Hannah Walls MSN, RN, Assistant Manager, Population Health Management. "From caring for COVID patients... to working

2021 

NATIONAL NURSES WEEK
Inspiring hope through healing

together to administer vaccinations to the community... everyone at CGH has come together to fight this pandemic. Thank you, nurses, for showing up each and every day to fight this pandemic with great dedication and perseverance."

Our 625 nurses have many roles – staff nurse, nursing leader, educator, certified nurses aides, infection preventionist, nurse practitioner and more, and they serve these roles with a passion for the profession and a strong commitment to patient safety.

National Nurses Week is celebrated annually to coincide with the birthday of Florence Nightingale, the founder of modern nursing. Like Florence Nightingale, our nurses have worked tirelessly, fighting for their patients against a pandemic that has gone on for some 15 months. They have stood at the bedside of COVID patients, while caring for friends and family in very difficult situations. Today, as Florence Nightingale did in her time, our nurses represent a profession of support, compassion, expertise, and strength, and they are respected for their devotion.

"We are grateful to all of our nurses and humbled by the work they do every day, especially during the COVID-19 pandemic," said Dr. Paul Steinke, CGH President and CEO. "This year, more than any, it is about paying tribute to them and the daily impact they make in the lives of our patients and their loved ones every day. It is their contributions to the health and well-being of the patients we serve throughout the area that we are truly proud of."



March Mini Challenge Winners

The theme of **CGH Mini-Challenges** is to start small, stay simple, act consistently! Challenges that are uncomplicated and easy to achieve are more likely to be sustained. **YOU** will build confidence, mindfulness, and new behavior patterns that are beneficial to **YOUR** overall wellness!

Teams consist of departments or self-chosen teams. There is one challenge per month March 8 through December 31, 2021. All departments or teams self report their challenge results each month to the Awards, Recognition, and Well-Being Committee with prizes, recognition, and bragging rights awarded to the monthly winners.

The first mini-challenge began in March and ran for 23 days. Participants were tasked with performing at least one act of kindness or giving a compliment once each day. Of 19 teams, nine teams had perfect scores in which each team member completed the task each day. 67 total participants received a small token prize for their efforts and a pat on the back. The teams pictured below are the March winners.



Shavocado (Cardiology)
(L-R): Vanessa O'Connell,
Jessica Lehrer & Nicole Dornes



Let's Get Fiscal (Patient Accounts)
(Front Row, L-R): Kim Velazquez
& Meaghan Coward
(Back row, L-R: Tammy Heslop, Karen
Shipma, Erika Boostrom & Pam Bittorf
(Not Pictured: Paula Lucas)



Lab Rats (Laboratory)
(Front Row, L-R): Chloe Buyers
& Leah Landis
(Back row, L-R: Hope Sandoval, Trina
Frieberg, Donna Carter, Kala Karrow
& Sarah Slaunwhite.



DID
(L-R): Dianna Johnston
& Jaini Driscoll
(Not Pictured: Carolyn Smoot)



Ready Care Rona Raiders
(Front Row, L-R): Tina Frank,
Arisha Hubbard, Kelli Kinnaman
& Cassandra Trickle
(Back Row, L-R): Barb Smith,
Susan Burnette, Jennifer Cook,
Alisha Wetzell & Sheri Fetrow



(Polo)
(L-R): Jennifer Bookman,
Bethany Schmitt
& Melissa Olalde



**The Northerners
(Mt. Carroll)**
(L-R): Karri Kloepping,
Shelly Christensen
& Miranda Burke



(Milledgeville)
(L-R): Emily Miller,
Kara Robinson
& Angela Stralow

Teams Not Pictured: BHU, The Heart Throbs & The Heart Stoppers



This is our **SHOT**
to get back to
NORMAL

WWW.CGPMC.COM/COVID19VACCINE

CGH Health Foundation Silent Auction Success



Shown picking up her basket is Mary Nelson, left, CGH Vision Center, with Amanda Blaine, Foundation Development Officer, who was the chief organizer of the auction.

Thank you, CGHer's!

The recent CGH Health Foundation Virtual Silent Auction raised \$13,345 – our second highest amount since we began hosting auctions 15 years ago.

"You are true partners in ensuring area kids and adults get extra TLC through your over the top gifts, whether in purchasing a basket or helping to create one. We are most grateful for your overwhelming support this year," said Tiffany Marquez and Beth Warner, event Co-Chairs.

All proceeds go towards funding 20 projects to assist area children and adults - your dollars stay local! A special project this year is to offer two extra days of Ways to Wellness Program mental health counseling for our patients, with one day specifically devoted to pregnant and post-partum moms.

Widen Your Walking Horizons



Beyond Trim

Helping you lead a better and healthy life



Finding a place to walk is as easy as opening your front door. While your neighborhood or local park are great for your daily walk, CGH Health Coach Sherry DeWalt focuses on some lesser known trails in the area.

Learn more from Sherry in this week's Beyond Trim column "Widen Your Walking Horizons" by visiting www.cghmc.com/beyondtrim.

Girl Scout Cookie Donation



Emelia Willis with EVS staff.

What a sweet gift indeed! Thank you to **Emelia Willis**, daughter of **Brad Willis** (Clinic Patient Financial Services) for donating delicious Girl Scout cookies to the CGH Dietary and EVS departments, as well as to a local food pantry. Emilia is 8 years old and a Brownie in local Girl Scout Troop 150.

Thanks again, Emelia!



Emelia Willis with Kerensa Pink (Dietary)

Graduation Announcements

Do you have a special graduate you would like to honor? We will again put together a special "Graduation Insert" in the June 3 issue of the *Communique* and are accepting graduation announcements.



Please submit the following to Nicole Bollman in Marketing:

- Name(s) of your graduates – again this year we will **ONLY** be listing **immediate family members** (self, spouse and children) from High School, college and beyond. We will not be listing preschool, kindergarten and eighth grade graduations due to space limitations.
- The name of the high school or college they are graduating from and with what degree (if applicable)
- The names of the graduate's parents, and what department you work in.

EMPLOYEE OF THE MONTH

KATIE LAWSON

Sleep Lab
Coordinator
Sleep Center



MAY 2021

ABOUT ME

- **I live in:** Sterling
- **Joined CGH on:** August 30, 1988
- **Education:** Rock Falls High School and Sauk Valley Community College
- **Hobbies:** Doing puzzles, yard work, and spending time with my family

You will always find a kind smile and helping hand when you're around Katie.

She arrives early and stays late without hesitation. She goes above and beyond her job expectations. When looking at CGH's "Standards of Behavior", Katie meets every standard without question. Whether it's her kind personality, exemplary work ethic or attendance, you will be hard pressed to find a match to Katie. Thank you, for all your hard work!

PROUDEST ACHIEVEMENT

Going back to school to become a Registered Sleep Tech

MY FAMILY

Husband, Shawn; 4 daughters and 1 son;
1 granddaughter and 5 grandsons



Purpose, Worthwhile Work...
Making a Difference!