



March 9, 2023

A CGH Medical Center Publication

# Communique

## HEALTHCARE: A FAMILY TRADITION... WE'RE LOOKING FOR YOUR STORIES!

From mom to daughter to granddaughter...or from grandmother to dad to son... healthcare is often a career that spans the generations throughout local families. In honor of National Nurses Week, we would like to learn and share stories about generational nursing at CGH!

**If you are part of a generational family of CGHers...**where at least one person is a current CGH employee...please submit **a photo or photos of your past and present CGH family members** (for instance – a photo of mom and daughter together and/or individual nursing graduation photos) **and a brief story** as to how each individual was influenced to work at CGH and who their role model was in choosing to enter the healthcare and/or nursing field.

For questions, contact Laura Leal, DID Clinical Coordinator, at ext. 4873. Please submit photos and stories to Rebecca Green in Marketing or email her at [rebecca.green@cghmc.com](mailto:rebecca.green@cghmc.com) by **April 15**.



*Pictured on the right are three generations of the Nobis family. From L-R are **Andrea Adee**, RN, Case Manager (Population Health); **Polly Nobis**, RN, MS, FNP (Cardiology); and **Emily Adee**, RN (Critical Care Unit).*



### IN THIS ISSUE

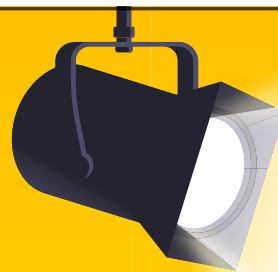
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# FOUNDATION GIFT



CGH Pediatric Rehab Center Speech Language Pathologist **Erika Smith**, left, and Certified Occupational Therapy Assistant **Whitney Snyder** show off new therapy items recently purchased by the CGH Health Foundation.

The toys are used by therapists with infants to work on gross motor skills, such as ensuring they have range of motion with their neck muscles, fine motor skills (grabbing, bringing hands to midline), and communication (vocalizing, requesting). Other toys are geared to therapy for gross and fine motor skills and pre-academic skills (cutting fruit, silly science, Vocab Bingo), as well as motivating toys that can be embedded in the therapy process to make it more enjoyable for the kids (token tower, tic-tac-toe, doll house). Staff is grateful to the Foundation for helping them target each child's goals in ways that are meaningful, functional, and most importantly, fun.



## Spotlight on Nursing

**Sue Maynard, RN**  
Oncology

### Fun facts about me:

I am a Cubs Fan, win or lose. I love Yellowstone. I have been on seven mission trips.

### My best career lesson:

The patient is the best source of information. Treat people as you want to be treated.

### 3 words that describe me:

Friendly, Caring, Honest

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

I enjoy my family: 2 sons, 2 daughter-in-laws, 6 grandchildren, my friends, Cubs games at Wrigley, school and sporting events for grandchildren, and traveling!

### What I like about my job:

I love our cancer patients and talking to them. We have a great Oncology team. I can still use my hospital skills at the clinic.

### My job duties:

My job duties include giving chemotherapy to patients, giving chemotherapy injections, answering phones, and helping patients get assistance with drug costs.



Growing Healthier

## SPEAKER SERIES



### "Everyday Digestive Health"

with **Jorge Monteagudo, MD, CGH Gastroenterologist**  
Thursday, March 23 @ Noon on Facebook Live

Join **Dr. Jorge Monteagudo** and learn how to protect and boost the health of your digestive system through annual colonoscopy, GI screening tests, as well as treating or even preventing a variety of diseases that could impact your digestive system. This free program will be on our Facebook page via Facebook Live, hosted by William Bird, MD, VP & Chief Medical Officer. It is part of the Growing Healthier Speaker Series featuring speakers on important health topics sponsored by the CGH Health Foundation.



Jorge Monteagudo, MD

## THANK YOU!

I want to thank you from the bottom of my heart for all the generosity and LOVE that has been shown to me! The monetary donations, the notes you send and the pictures you have Justin put on Facebook are very SPECIAL to ME! I say THANK YOU, which will not be enough, but it is what I can do for now! Take care of yourselves and do as I've said when I was your manager! Again- thank you and I LOVE YOU!

*Jill Adolph, CGH Retiree*

### Do you have CGH news for *Communique*? We would LOVE to hear from you!

Please send all submissions for *Communique* to Liz Foster in Marketing:  
[elizabeth.foster@cghmc.com](mailto:elizabeth.foster@cghmc.com).



## CGH CARDIOLOGY GIVES BACK



In hopes of raising awareness for heart health, the staff in the **CGH Cardiology Department** sold red t-shirts to CGHers during the month of February. The staff raised a total of \$4,134 for the CGH Health Foundation Cardiac Wellness project.

Because of their generosity, Sauk Valley area residents will be able to receive health coaching, cholesterol screenings, glucose screenings and blood pressure screenings at a reduced cost. Knowing these numbers and getting screened regularly is an important step in protecting yourself from heart attack and stroke.

If you would like to make an appointment to learn your numbers or if you have a patient that is in need of this service, please call Sherry DeWalt at ext. 5716.

### EMPLOYEE OF THE MONTH

#### KAYLYN KING

Receptionist  
Family Practice/  
Urology/Surgery  
Main Clinic



**MARCH 2023**

Where do I start with Kaylyn King. I am constantly getting compliments about Kaylyn from providers, nurses and patients. She is the rock of success for the reception team. Kaylyn always has a smile on her face even during rough times. She is willing to help out in every way she can to make the clinic successful. Kaylyn trains all new employees and is still able to keep up with her day-to-day tasks. Her positive attitude is impressive, with the "we can do it" attitude. She is always cheerful and ready to take on the day with a smile. Kaylyn always has great things to say about CGH and is even thinking about going back to school for nursing. She is an inspiration to everyone around her.



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

## CERTIFIED NURSES DAY



**CGH will recognize the unique contributions of its certified nurses on Certified Nurses Day, March 19, 2023.**

Certification validates a nurse's specialty knowledge for practice in a defined functional or clinical area of nursing. In addition, certification benefits patients and their families, validating that the nurses caring for them have demonstrated experience, knowledge and skills in the complex specialties of critical, progressive or acute care.

Initially proposed by the American Nurses Credentialing Center, the Certified Nurses Day honors the birthday of the late Margretta "Gretta" Madden Styles, an international pioneer of nursing certification who designed the first comprehensive study of nurse credentialing.

**Thank you to our 100+ certified nurses for your commitment to excellence and dedication to our patients and families!**

## CALM ROOM DONATION



DHC Nurse **Stephanie Waller**, chair of the Shared Leadership Awards, Recognition and Wellness subcommittee, tries out the new massager and cot that was recently purchased by the CGH Health Foundation for the CALM Room on the third floor of the hospital (located across from the staff elevators). With her are committee members Cardiology Lab Clinical Procedure Nurse **Dawn Hartman**, from left, Director of Nursing Professional Development **Mary Jean Derreberry**, and DID Clinical Coordinator **Laura Leal**.

The CALM Room was created over a year ago to help staff relieve stress and is used daily. It is available to all CGH staff, 24/7. A designated room for CGHers to de-stress and relieve physical or emotional tension is important for work-life balance and contributes to overall well-being. If you have not visited the CALM room yet, please do. You will be glad that you did.

# STUDENT VOLUNTEERS

The CGH Auxiliary's new **Summer Student Program** runs **June 5 through August 4**. The program offers training and mentorship by adult volunteers, as well as observation and participation in weekday operations. **Applications are available for download at [www.cghmc.com/volunteer](http://www.cghmc.com/volunteer) and are due by April 7**. For more information, please contact Deb Keaschall at ext. 5727.



## STUDENT VOLUNTEER PROGRAM JUNE 5 - AUGUST 4, 2023

**MUST BE IN HIGH SCHOOL OR ENTERING HIGH SCHOOL**  
• LIMITED SPOTS AVAILABLE

**STUDENTS WILL TRAIN AND VOLUNTEER AT THE HOSPITAL RECEPTION DESK OR IN THE CGH GIFT SHOP**

**SVCC IMPACT PROGRAM APPROVED**

**COMPLETED APPLICATION MUST BE RECEIVED BY APRIL 7, 2023**

**FOR MORE INFORMATION CONTACT  
DEB KEASCHALL AT 815-625-0400 EXT. 5727**



# BLOOD DRIVE

**BLOODCENTER.ORG**



**Thursday, April 6 9:30am – 6:00pm**

**2600 N. Locust Conference Room – 2600 N. Locust St.**

**MASKS ARE OPTIONAL. APPOINTMENTS ARE REQUIRED.**

To schedule, please scan the QR code or call 815-625-0400; x6879 for Michelle or x1057 for Bryan



Nothing cooler than saving lives! Give and get a 20-can cooler tote or a gift card.

SCAN ME!



Please eat before donating and bring Photo ID.  
Last Date to Donate Elsewhere: 2/9/23  
Group Sponsor Code: 3591

 **ImpactLife**

# SPRING FLING SAVE THE DATE!



CGH Employees  
Please join us in Chicago!

## SPRING FLING

*Excursion*

Enjoy a fun-filled day of shopping on the Magnificent Mile. Or if shopping isn't your thing, go explore one of the city's museums, theaters, or parks! Whatever you would like to do in the Windy City...this is the trip for you! (Bus Trip is open to CGH employees only)

**Saturday, April 15, 2023**  
**Cost: \$35/ per person**  
*(includes transportation and driver's tip)*  
**Watch for registration information...coming soon!**

## Scrubs On-Site Sale!

**MAIN CLINIC LOBBY**

**Tuesday, March 14th**

**8am - 5pm**

.....  
PAYROLL DEDUCT, CREDIT  
CARDS & CASH ACCEPTED



## LOGO APPAREL ONLINE STORE:

**March 14th - 25th**

**Featuring New Items!**

.....

**Payroll Deduct & Credit Card Accepted**

Sponsored by the CGH Auxiliary

**#SCRUBS**

**Happy St. Patrick's Day!**