



# Communique

September 8, 2022

A CGH Medical Center Publication

## In This Issue:

- CGH Medical Center Welcomes Amy Berentes
- Spotlight on Nursing
- No One Fights Alone T-Shirt Sales
- Thank You
- Delicious Designs
- Employee Assistance Program
- September Employee of the Month
- Relaxation Room 24/7/365
- Scrubs On-Site Sale
- Employee Appreciation Week

## CGH Medical Center Welcomes New Chief Nursing Officer, Amy Berentes

CGH Medical Center welcomes Amy Berentes, DNP, MSN-FNP, BSN, RN, as the hospital's new Chief Nursing Officer (CNO). As a nurse for nearly 30 years, Berentes brings medical expertise, nursing experience and a diverse leadership background to her new role.

Amy was born at CGH, grew up in Rock Falls, and began her career at CGH, working on the Surgical Floor, CCU and Home Nursing from 1993 to 1997. She continued her career at several area hospitals, including KSB (Dixon, Cardiology Nurse); FHN Memorial (Freeport, Case Manager/Utilization Review, and later Director of Clinical & Professional Development and Magnet Coordinator); Mercy Medical Center (Dubuque, Director of Clinical & Professional Development and Magnet Coordinator); and most recently



**Amy Berentes**  
Vice President, Patient Care Services & CNO

at MercyOne, in Clinton, IA, serving as the VP of Patient Care Services from 2008-17, Interim CEO from 2017-18, and currently, Executive VP/COO/CNO.

"Not only am I excited about seeing familiar faces and having the opportunity to be back home, but I am also ready to join the CGH team to make a difference in, and advance care for, our community," said Amy. "Sometimes community hospitals don't get the appreciation they deserve for the important purpose they serve. I hope to make sure that our leadership and staff know the sacred work they do in serving the healthcare needs of the Sauk Valley."

In her role as CNO, Berentes will be responsible for all nursing and other designated patient care functions and services within CGH. This includes working collaboratively with our nursing leaders to advance nursing services throughout the organization and ensuring safe, high quality nursing care for our patients.

"I think the most important aspects of the CNO position are supporting and building our nursing leaders and staff, removing barriers to success, and constantly challenging the status quo to promote continuous innovation and improvement," Berentes said. "In addition, we know workforce challenges/shortages are plaguing all healthcare organizations right now. We cannot rely on traditional answers to these challenges, so we must begin to think differently about care and care models. Change is hard but it can be transformative."

She also plans to work closely with staff and providers in finding the best answers for practice/process opportunities. "I enjoy helping people see their own potential and watching them grow into their best possible self. I have learned that, with experience, being vulnerable and open to learning is very empowering. It allows you to listen to and learn from those practicing most closely with our patients so that we may have the best possible outcomes for our patients."

"Amy's accomplishments and experiences have allowed her to become an instant asset to our organization and will allow us to continue to provide the highest quality of care to the communities we serve," said Paul Steinke, CGH President and CEO. "She exemplifies the standards of excellence we strive for each day, and we are thrilled to have her skills, knowledge and enthusiasm on our team."

Amy lives in Rock Falls with her husband, Mike, who is the principal at Rock Falls High School. They have three children, Brandon (Katie), Allie (Erik) and Michael; four grandchildren (ages 6, 2, 10 months and 7 months); and a 2-year-old golden doodle, Murphy, who serves as a comfort dog at RFHS.

**Congratulations, and welcome to CGH, Amy!**



**Carol Devers, LPN**  
Dermatology

**Fun facts about me:**

I enjoy the beach, sitting poolside, and watching my flowers grow.

**My best career lesson:**

Listen and learn. Do the best you can do in what you have learned.

**3 words that describe me:**

Leader, Friendly and Caring

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

Spending time with my grandchildren, son and daughter-in-law, and watching my grandchildren play sports.

**What I like about my job:**

Being able to assist and help patients feel better about themselves.

**My job duties:**

I work in Dermatology with Mark Moran, MPAS, PA-C. I room patients, and assist with biopsies and excisions. I also provide instructions on wound care and medications.



**September '22**

# No One Fights Alone

**CGH Health Foundation & CGH Medical Center**  
**Breast Cancer & Dementia Awareness Shirt Sales**

**Monday, September 12**  
7 am - 9 am & 11 am - 1 pm

**Monday, September 19**  
7 am - 9 am & 11 am - 1 pm

**Wednesday, September 21**  
11 am - 1 pm



2022 Shirt design

**All Sales in CGH Classroom 2**

*Off-site clinic employees, please interoffice or email your payroll deduct/order forms to [Amanda.blaine@cgmmc.com](mailto:Amanda.blaine@cgmmc.com). We will interoffice your shirt(s).*

*If you work on-site at CGH, please plan to come to one of the on-site sales.*

\$20 T-Shirts (S-XL)	\$30 Long Sleeve Shirt (2XL-3XL)
\$22 T-Shirts (2XL-3XL)	\$33 Crew Neck Sweatshirt (S-XL)
\$22 Women's Cut V-Neck T-Shirts (S-XL)	\$36 Crew Neck Sweatshirt (2XL-3XL)
\$25 Women's Cut V-Neck T-Shirts (2XL-3XL)	\$35 Hoodie (S-XL)
\$27 Long Sleeve Shirt (S-XL)	\$40 Hoodie (2XL-3XL)

**Cash, Check, Venmo (@CGH-HealthFoundation) & Payroll Deduct accepted**

All proceeds go towards the  
CGH Health Foundation Women's Health  
and Dementia Project programs



## Thank You

Thank you all for your thoughts and prayers during my Mom's (Lois Burket) illness and passing. She was a wonderful mom and Grandma/Great-Grandma who was affectionately called G-Lo for Grama Lois. Thank you to everyone who cared for her, sent cards, gave hugs, and for just being there when we needed you. Many thanks also to the Caring Fund for the very thoughtful garden stone and glassed-in candle; we will always remember your kindness.

With all our hearts,  
**Nancy and Miranda Lauritzen**  
Nursing Administration and Ophthalmology

CGH HEALTH FOUNDATION  
**DELICIOUS DESIGNS** 2022

**VIRTUAL SILENT AUCTION**



Leading the October 20-25th annual virtual Delicious Designs are Co-Chairs Gina Grennan, CGH Diagnostic Imaging Director; Lindsey Pistole, Sauk Valley Bank VP of Retail; and Kayla Brown, McDonald Funeral Home Funeral Director.

**Would you like to join the 2022 Delicious Designs team?**

Please contact Joan Hermes, Amanda Blaine or Gina Grennan if you'd like to help.

## Moeller, Myers

& ASSOCIATES PC  
COUNSELING & CONSULTING

**Employee Assistance Program**  
**for CGH Employees and their Families**



**3917 East Lincolnway, Suite C, Sterling, IL 61081**

**(815) 626-8760 • [www.mmaccil.com](http://www.mmaccil.com)**

*No Charge for first two sessions per household*



EMPLOYEE OF THE MONTH

**JACKIE GONZALES**

LPN  
Triage



**SEPTEMBER 2022**

I would like to nominate Jackie Gonzales for Employee of the Month. I have worked with her for almost 22 years! Jackie is the most loyal employee I have known. She is dedicated to her patients both in Cardiology and now in Triage. She does everything she can to assure patients that their medicine will be ordered on the same day that they call. She goes out of her way to try to help them. She has a kind, gentle voice and always greets everyone with a smile. She has a positive attitude and takes responsibility for her actions. She is a good listener and really cares about her patients and her co-workers. I truly believe that she is deserving of this honor! She is a true friend ...you know, the forever kind!



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

**Relaxation Room 24/7/365**



**Don't forget to take advantage of the Relaxation Room! Located on the 3rd floor of the hospital, across from the Staff Elevators, the Relaxation Room is open for all CGH staff to enjoy, 24/7/365.**

Presented by the CGH Wellness Committee and sponsored by the CGH Health Foundation and an anonymous donor, the Relaxation Room offers a rejuvenating and calming area for staff when they are struggling and need to recharge. The room features massage chairs, soft lighting, calming music, adult mosaic coloring, and a community journal.

Please read the guidelines provided in the room to maximize your experience. There are extra supplies located in the chest of drawers, including OR booties, Kleenex and towels. The code to get into the room is 2256; this spells the word, CALM.

Thank you for working hard for our patients each day! Enjoy your 15 minutes per visit. If you have any suggestions for improvements to the room or feedback on what you like about the room, please let us know.



**RYBERG AUDITORIUM**  
Tuesday, October 4th  
6:30am-4pm

We're back with your favorite scrubs and accessories!

PAYROLL DEDUCT, CREDIT CARDS & CASH ACCEPTED

**LOGO APPAREL ONLINE STORE:**

Oct. 4th - 15th

Featuring New Items!

Payroll Deduct & Credit Card Accepted

**#SCRUBS**

1536 Ogden Avenue Downers Grove, IL  
639-989-9241



# Employee Appreciation Week



Monday, September 19

## Employee Gift

Managers will distribute the gift to all of their staff!

8-10am: Manager gift pick up in Ryberg

Tuesday, September 20

## 10+ Year Employee Recognition Dinner for 2022 Honorees At McCormick Event Center

Cocktails at 5:30pm - Dinner 6:00pm - followed by presentations

Invitations have been sent to honorees and their managers for this event.

Wednesday, September 21

## Whole House Meal

AdCon and Managers will serve delicious food as a thank you to all staff!

11:00am-1:00pm: Under the Tent in Parking Lot B (**rain plan is in Ryberg**)

9:30-11:00pm: In cafeteria

*Vision/Oral Surgery, Downtown Clinic, Rehab (both locations), Lynn Blvd, Rock Falls, Warehouse, Day Care/Patient Accounts and Wound Clinic will have their meals delivered directly to them.*

Thursday, September 22

Offsite locations not listed above, meals will be delivered as a thank you to staff!

Friday, September 23

## Snack Day & Wear a CGH Shirt

Managers will distribute a snack to all of their staff!

*All offsite locations will have their snack delivered Monday with gifts.*



Starting Monday,  
September 19<sup>th</sup>  
be sure to log into  
**@cghmedicalcenter**  
on TikTok to view the  
CGH Challenge Videos!