



Communique

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A CGH Medical Center Publication

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INSIDE:
2021 Graduates



Working Safe Is How We Roll

Every day without an injury is sweet.

Do your part to keep everyone safe!

1. Be prepared, stay aware, and immediately dispose of sharps with care.
2. Use lifting aids with patient positioning and transfers.
3. Treat hazardous materials and equipment with respect. Know how to handle them properly.
4. Be a “Roll” model for safety. Never take shortcuts!



At CGH Medical Center, you — our talented and dedicated workers — are our most valuable asset. That's why it's our top priority to keep you and our patients safe and healthy, so that we can all return home to family and loved ones safe and sound every day.

Healthcare's unique culture presents unusual challenges for healthcare workers (HCWs). HCWs respond and react to diverse situations requiring sometimes split-second decisions. At CGH Medical Center, we work hard to prevent injuries and illnesses from occurring.

The **Working Safe is How We “Roll”** campaign is an effort to raise awareness and understanding of the value of safety and health programs. During the campaign, we'll be highlighting how important safety and health is at CGH Medical Center. You, the workers, are the experts when it comes to the tasks you do and the tools and equipment you use. This not only makes you a vital source of safety knowledge and ideas, but also a valued partner for helping to make our workplace safer.

Thank you for your continued involvement and commitment to safety and health at CGH Medical Center.

Scholarship Deadline June 15



College students seeking healthcare-related careers should check out the CGH Health Foundation nursing and healthcare scholarships. This is yet another Foundation program made possible by area donors. There is just one application and eight grants ranging from \$1,000 to \$3,000. Individuals living in Whiteside, Lee, Ogle, Carroll and Bureau counties are eligible. Application deadline is Tuesday, June 15 at 5 p.m. Students already accepted into their professional school of study for either a nursing or healthcare degree are eligible.

Go to www.cghmc.com/foundation/scholarships/ to download an application. For more information, please contact Joan Hermes at (815)625-0400, ext. 5672 or via email at joan.hermes@cghmc.com

ByeBye20# 5K



The CGH Health Foundation's ByeBye20# challenge ends in a few weeks and will wrap things up with a virtual 5K. ANYONE can participate! Complete your 5K any time between June 19-30. Please visit our event page on Facebook to learn more.

To purchase a bright, beautiful, soft touch race t-shirt follow the link below:
<https://onestepatatime.itemorder.com/sale>. Orders are due June 6, and may be picked up at JJM Printing after June 18. All proceeds benefit the CGH Health Foundation's nutrition and fitness initiative.

Laura Long Retirement



We want to wish **Laura Long** (DID, Main Clinic) a Happy Retirement! Laura retires today, June 3, 2021. She started her Radiology career on May 29, 1985. She has been a dedicated employee and will be missed greatly!

Yoga Class

Yoga class is being offered in the community room at 2600 N. Locust on Mondays at 5:15 p.m.

Class cost is \$5 and is approximately 60 minutes. If you have a yoga mat, please bring one. Wear comfortable, loose fitting clothing.



Vaccine Update



Starting Monday, June 7, the CGH Main Clinic will offer walk-in COVID-19 vaccines Monday through Friday, 8:30 am to 4:30 pm - in the 2nd floor ENT department.

Pfizer vaccine is available for those age 12 and up. Moderna and one-dose Johnson & Johnson vaccines are available for those 18 and older. No appointments are needed. You do not need to be a CGH patient and anyone who resides or works in the State of Illinois can receive the vaccine.

For questions, please call 815-632-5328.

CGH Summer Scholars



To provide local high school seniors and college pre-med students with an opportunity to explore the health care field, CGH recently announced the recipients of the 2020-21 Summer Scholars Program. We take this opportunity to introduce and welcome them to CGH. During the months of June and July, these students will have the opportunity to work one-on-one with CGH physicians, while also attending lectures about careers in the health care field, completing one research project relevant to public health, and rotating between our various medical departments. Below are small excerpts from each student's application essays, describing their interest in becoming a doctor. Welcome to CGH!



Abigail Aitken (Sterling High School)

Ever since I was young, I have been fascinated by the brain and its functions. Every action we do or word we say is because of our brains. Our brains are responsible for our entire development. This fascination has fueled my desire to become a psychiatrist. I want to go medical school because I can further my education and develop skills to help those in need. By becoming a psychiatrist, I will be feeding my passion of psychology and medicine to achieve my goals for the future.

Abigail was a 2020 Summer Scholar and was unable to participate in the program due to COVID-19.



Brianna Blaine (Amboy High School)

For as long as I can remember, I have always been particularly curious about the human body. The way that each part has its own abilities and functions is fascinating to me. As a little kid, adults always ask "What do you want to be when you grow up?" While some children say they want to be an astronaut, a firefighter, a chef, or even a pilot, my answer was always the same: I wanted to be a doctor. As I have acquired more knowledge over the years and collected tidbits about what a physician's day-to-day career actually looks like, it only appeals to me more.



Joselyn Reed (Newman Central Catholic High School)

I want to use my strengths, abilities, and drive for further knowledge and understanding to impact the lives of others. I believe being a physician entails as much about connecting with the human heart and soul as it does understanding the human body. I want to take part in the healthcare team and positively influence the health and happiness of patients. The atmosphere I have already witnessed from the healthcare field is indescribable and something I definitely want to continue pursuing.

Joselyn was a 2020 Summer Scholar and was unable to participate in the program due to COVID-19.



Walter Reter (Sterling High School)

As a child, following in my dad's footsteps sounded like a fantastic idea. But as I grew older, I saw first-hand just how much work and dedication is needed to become a doctor, even after medical school. To gain a better perspective, my parents encouraged me to volunteer at our local hospital. Every day was a new experience, thanks to the people I met. I enjoyed volunteering, but was still unsure as to whether or not I saw the appeal of making a career in healthcare. This all changed on my last day working the front desk. As I escorted a patient that I recognized from the week before, I finally understood my father's passion for his work. While he loves the day-to-day aspects of his job, his joy comes from the long-term relationships he builds with patients over his years of service. I know now I want that same joy in my future. I want to commit myself to years of work, so that someday I can continue to build bonds through service and help make my community a better place.



Alaina Schreiner (Rock Falls High School)

Throughout my life, I have always searched for the next challenge, especially in my education. In high school, I decided to enroll in every science class my high school offered, yet I realized I not only faced a challenge but also discovered a deep love for what I was learning. Combining my love for the sciences with my selfless nature and desire to help others, I wish to become a physician in order to challenge myself in a field of study I love, all while working to improve the lives of those around me.



Isabella Trancoso (Newman Central Catholic High School)

Always having an affinity for science, biology captivated my interest from an early age. Upon entering high school, my love for science was cultivated, if not intensified. I have completed and am currently in various science courses; of these, my favorite is anatomy. The human body and all of its complexities is one of the elements that steered me to pursue a career in the medical field. The summer preceding my junior year of high school, I even enrolled in a medical terminology class at Sauk Valley Community College. I wanted to familiarize myself with the basic nomenclature to ensure I was assimilating to the medical field. I loved the course and knew I wanted to further my knowledge of the content.

EMPLOYEE OF THE MONTH

**CARLOS
MUÑOZ**

—
Interpreter



JUNE 2021

ABOUT ME

- **I live in:** Sterling
- **Joined CGH on:** April 11, 2016
- **Education:** some college
- **Hobbies:** Cooking, watching my kids in sports and activities, projects around the house, and watching TV with our dogs

Carlos goes above and beyond and is always willing to lend a hand. Since the beginning of COVID, Carlos has been our primary Interpreter. He always shows up very upbeat and is encouraging to our patients. He not only translates, but also helps with other patients in our facility as well. He will clean chairs in the waiting room while he waits for a patient, always finding ways to help, even with his busy schedule. He makes sure the patient is fully aware and feels comfortable before they leave the office. Carlos is one of the best co-workers to work with and is a pleasure to have around. He is our CGH Rehab & Podiatry Hero! Thank You, Carlos, for all that you do!

PROUDEST ACHIEVEMENT

Being blessed with a beautiful family, and speaking and reading two languages

MY FAMILY

Wife, Rebecca Muñoz-Ripley; and five children: Sam, Aidan, Ben, Leighton and Gavino



Purpose, Worthwhile Work...
Making a Difference!



Congratulations to All of Our 2021 Graduates! High School Graduates



- **Haley Adams**, daughter of Steve and Brooke Carroll (ASU), graduated from Eastland High School.
- **Makiah Alvarado (Dietary)**, graduated from Rock Falls High School.
- **Makayle Bauser**, daughter of Willie and Kristen Bauser (ENT/Sleep/Audiology), graduated from Sterling High School.
- **Keegan Behrens**, son of Randy and Jennifer Behrens (OB), graduated from Prophetstown High School.
- **Brianna Blaine**, daughter of Brian and Amanda Blaine (Health Foundation), graduated from Amboy High School.
- **Tyradenay Brands (Dietary)**, daughter of Gina Brands (Medical), graduated from Sterling High School.
- **Sam Brown**, son of Jason and Sarah Alvarez-Brown (Emergency Department/Behavioral Health), graduated from Sterling High School.
- **Kaden Coppotelli**, son of Matt and Judy Coppotelli (Rheumatology), graduated from Dixon High School.
- **Karli Fischbach (Dietary)**, graduated from Rock Falls High School.
- **Allie Foster**, daughter of Andrew and Liz Foster (Marketing), graduated from Newman Central Catholic High School.
- **Laura Gibson**, daughter of Kyle Gibson and Kyle and Leslie Lackey (Physical Therapy), graduated from Prophetstown High School.
- **Tristan Girkin (Lab)**, graduated from Prophetstown High School.
- **Malachi Greschke**, son of Johnathan Amerson and Melissa Greschke (GI), graduated from Sterling High School.
- **Haylee Herrera**, daughter of Daniel and Tracy Herrera (Central Scheduling), graduated from Rock Falls High School.
- **Gavin Hinrichs**, son of Frank and Stacey Lazansky (ENT), graduated from Newman Central Catholic High School.
- **Isabella Ibarra**, daughter of Michelle and Dr. Juan Ibarra (Pain Medicine), graduated from Sycamore High School.
- **Donovan Jones**, son of Nicole Jones (Orthopaedics), graduated from Sterling High School.
- **Joseph Kemker**, son of Judith and Dr. Bryan Kemker (Otolaryngology), graduated from Wheaton Warrenville South High School.
- **Cailin Kyarsgaard**, son of Mike and Cindy Kyarsgaard (Laboratory), graduated from Rock Falls High School.
- **Benjamin Larkey**, son of Raymond Larkey, Jr. and Natalie Cruse (Health Law), graduated from Sterling High School.
- **Irial Little**, daughter of David and Lisa Little (Cardiology), graduated from Prophetstown High School.
- **Morgan McNeill**, daughter of Anja Wolf, APRN, FNP-BC (Internal Medicine), graduated from Penn Foster High School.
- **Christian Monarrez**, son of Adrian Monarrez and Ashleigh Chapman (GI), graduated from Sterling High School.
- **Cameron Rogers**, son of Wayne and Theresa Rogers, APRN, FNP-C (Cardiology), graduated from Dixon High School.
- **Walter Reter**, son of Alice and Dr. Jason Reter (Lynn Blvd Family Practice), graduated from Sterling High School.
- **Cecelia Ryan**, daughter of Rebecca and Sean Ryan (IT), graduated from Sterling High School.
- **Garrett Sage**, son of Merl and Karmen Sage (PA/Triage), graduated from Ashton-Franklin Center High School.
- **Luke Sangston**, son of Ken and Jennifer Sangston, AuD (Audiology), graduated from Seneca High School.
- **Alaina Schreiner (Dietary)**, graduated from Rock Falls High School.
- **Stephanie Snitchler**, daughter of Tom and Sarealia Snitchler (Pediatric Rehab Services), graduated from Sterling High School.
- **Ethan Stanley**, son of Aaron Stanley and Jerry and Tiffany Marquez (Accounts Receivable), graduated from Sterling High School.
- **Paige Stees**, daughter of Lori and Dr. Marc Stees (Dermatology), graduated from Dixon High School.
- **Lexi Tichler**, daughter of Jackie and Matt Tichler (EMR), graduated from Morrison High School.
- **Makaila Wesley (Dietary)**, graduated from Sterling High School.



Congratulations to All of Our 2021 Graduates!

College Graduates



- **Jackson Ames**, son of Tara Timm (Laboratory), graduated from Illinois State University with a Bachelor of Science in Accountancy.
- **Molly Anderson (Daycare)**, daughter of Becky and Kevin Anderson (IT), graduated from Sauk Valley Community College with an Associate in Applied Science in Early Childhood Education.
- **Kyle Behrens**, son of Randy and Jennifer Behrens (OB), graduated from University of Wisconsin - Stevens Point with a Bachelor of Science in Forestry.
- **Kelynn Boyle**, son of Jim and Tracy Boyle (Rock Falls Clinic), graduated from Carl Sandburg College with an Associate in Arts and will continue on to the Dental Hygiene Program.
- **Jason Brubaker**, son of Jennifer Brubaker (Business Services), graduated from Aurora University with a degree in Criminal Justice.
- **Raygen Day**, daughter of Marcus and Erica Day (Main Clinic Pediatrics), graduated from Northern Illinois University with a Bachelor's degree in Psychology.
- **Katlyn Denning (Float Receptionist)**, graduated from Martinsburg College with a degree in Medical Office Administration.
- **Emma Fraley**, daughter of Theresa Krueger, APN-BC (Internal Medicine/Wound Healing Center), graduated from Sauk Valley Community College with a LPN certificate.
- **Michaila Garcia**, daughter of Santos Garcia (Downtown Clinic), graduated from the University of Illinois at Urbana-Champaign with a Masters of Education with a Concentration in Higher Education and Diversity and Equity.
- **Tobi Garcia**, daughter of Greg Garcia and Pam Bittorf (Patient Accounts), graduated from the University of Iowa with a Bachelor's degree in Criminology with double minors in Social Work, Sociology and Certificate in Trauma and Resilience.
- **Alexis Herrera**, daughter of Daniel and Tracy Herrera (Central Scheduling), graduated from Northern Illinois University with a Bachelor of Science in Education.
- **Tyler Johnson**, son of Mark and Julie Smeltzer (Dixon Specialties), graduated from Columbia College Chicago with a Bachelor's degree in Visual Arts Management.
- **Angela Tschosik Johnson (CCU)**, graduated from Maryville University with a Master of Science of Nursing, Adult-Gerontology Acute Care Nurse Practitioner.
- **Chris Lawson (Clinic Patient Financial Services and HIM)**, graduated from Western Governor's University with a Bachelor of Science degree in Health Information Management.
- **Sierra Leal**, daughter of Ruben and Laura Leal (PACU), graduated from Illinois State University with a Bachelor of Science degree in Fashion Design and Merchandising.
- **Shannon Long**, daughter of Ed and Laura Long (Main Clinic Radiology), graduated with a degree in Communications and Special Education.
- **Taylor Lund**, daughter of Rich and Marla Lund (3E Medical), graduated from Trinity Christian College with a Master of Arts in Counseling Psychology.
- **Genea Mathews**, daughter of Jay Johnson (OR Vascular Tech) and Angela Tschosik Johnson (CCU), graduated from Arizona State University with a Bachelor of Science in Nursing.
- **Kyle McCoy**, son of Mike and Dana McCoy (Marketing), graduated from Iowa State University with a Bachelor of Science degree in Accounting.
- **April Miller (Neurology)**, graduated from Indiana Wesleyan University with a Bachelor's degree in Nursing.
- **Janaeya Moreno**, daughter of Nick and Nora Serrano (Emergency Department), graduated from Sauk Valley Community College with a LPN certificate.
- **Elizabeth Ohme**, daughter of Anja Wolf, APRN, FNP-BC (Internal Medicine), graduated from Northern Illinois University with a Bachelor of Science in Fashion Merchandising/Design.
- **Azaylia Ramos**, daughter of Alex and Xenia Ramos (Patient Access ED Registration), graduated from Sauk Valley Community College with an Associate Degree in Art.
- **Taylin Ritter**, daughter of Thomas Ritter and Chad and Laurie Buckman, CNM, APRN (Obstetrics and Gynecology), graduated from Southern Illinois University Edwardsville with a Bachelor's degree in Social Work.
- **Brett Royer (Surgical Floor 2E)**, graduated from Western Governors University with a MSN in Nursing Leadership and Management.
- **Gabriella Sandoval**, daughter of Fernando and Melissa Sandoval (Laboratory), graduated from Edgewood College with a Master of Business Administration.
- **Rachel Sangston**, daughter of Ken and Jennifer Sangston, AuD (Audiology), graduated from Illinois State University with a Bachelor of Science degree in Communication Disorders.
- **Aubree Schmitt**, daughter of Ray and Janelle Sharp (DID), graduated from the University of Illinois at Chicago with a Master of Healthcare Administration.
- **Kyle Schmitt**, son of Ray and Janelle Sharp (DID), graduated from the University of Iowa with a Bachelor's degree in Business Analytics and Information Systems.
- **Bethany Shearer (Radiology)**, graduated from Sauk Valley Community College with an Associate in Applied Science in Radiologic Technology.
- **Kestrel Smoot**, daughter of Gary and Carolyn Smoot (Radiology), graduated from Maryville University with a Master in Business Administration.
- **Elizabeth Strock**, daughter of Kevin and Trina Strock (Laboratory), graduated from McKendree University with a Bachelor's degree in Business Administration Sport Management.
- **Julianna Waugh**, daughter of Bob and Stacy Kalina (Emergency Department), graduated from Northern Illinois University with a Bachelor's degree in Business with a focus on Human Resources.
- **Brad Willis (Clinic Patient Financial Services)**, graduated from Sauk Valley Community College with an Associate in Arts - Computer Science Info Track.
- **Kallie Zuidema**, daughter of Dean and Julie Zuidema (Physical Therapy), graduated from the University of Illinois Chicago with a Bachelor of Science in Biochemistry.
- **Dr. Lauren Zuidema**, daughter of Dean and Julie Zuidema (Physical Therapy), graduated from the University of Minnesota as a Doctor of Dental Surgery.