



# Communique

May 5, 2022

A CGH Medical Center Publication

## In This Issue:

- CGH Frontline Heroes: Nursing the World Back to Health
- Spotlight on Nursing
- Donations for Ukraine
- CGH Auxiliary Scholarships
- Senior Center Fair
- CGH Main Clinic Introduces Jobelle Gamboa
- The Arrest & Reversal of Cardiovascular Disease with Nutrition: Fact of Fiction?
- Oncology Donation
- Thank You, Girl Scouts!
- Happy Cinco de Mayo!
- May Employee of the Month
- Graduation Announcements
- CGH Medical Center Eye Care
- Happy Mother's Day

## CGH Frontline Heroes: Nursing the World Back to Health

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 frontline heroes show in our hospital, clinics, and in our communities. The week is celebrated annually to coincide with the birthday of Florence Nightingale, the founder of modern nursing.

"If there's ever been a time to recognize the amazing work that the nurses at CGH do, it is now - against the backdrop of a global pandemic that has lasted for more than two years," said Kristie Geil, DNP, RN, CENP, CGH Vice President of Patient Care Services and Chief Nursing Officer. "Our nurses have shown, and continue to show, tremendous strength and courage, day in and day out. We thank them for their unwavering devotion to our patients and for all they do to help 'nurse the world back to health'."



CGH 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.

"We are grateful to all of our nurses and inspired by the work they do every day," said Dr. Paul Steinke, CGH President and CEO. "Together, our nurses represent care, compassion, community, and comfort. National Nurses Week is about paying tribute to them and the daily impact they make in the lives of our patients and their loved ones. Every day, they put on their scrubs and deliver: from helping with crises in the emergency room, to easing a child's fear in an exam room, to holding a patient's hand who's in pain, nurses do it all. It is their contributions to the health and well-being of the patients we serve throughout the area that we are truly proud of."

## FRONTLINE HEROES

Nursing the





## Amanda Siperly, RN Family Medicine

### Fun facts about me:

My husband, Larry, and I have been married for 47 years. Together we have a son, Curt, and a daughter, Michelle. We have a Yorkie, named Charlie. We have six grandchildren. I have been an employee at CGH Medical Center for 43 years.



### My best career lesson:

Always do your best. Treat others as you want to be treated.

### 3 words that describe me:

Caring, Compassionate, Respectful

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

Spending time with my family, walking Charlie, making greeting cards, and going to garage sales

### What I like about my job:

The "feel good feeling" of caring for patients

### My job duties:

I perform a variety of nursing duties which are too numerous to mention. I work closely with the doctor to provide the most professional patient care.

May '22

## Senior Center Fair



CGH Home Nursing, Rehab Services, and the Wound Healing Center participated in the Whiteside County Senior Center's Health, Wellness, and Informational Fair on Monday, April 25 at the Senior Center in Sterling. The event was targeted toward area seniors. If you are interested in featuring your department at a community event, please contact Nicole Bollman in Marketing, ext. 4422.

## Donations for Ukraine



With the ongoing war in Ukraine, there is a growing humanitarian crisis for the Ukrainian people. To help during these desperate times, local volunteers are collecting medical supplies, which are then packaged and shipped by the Help Heroes of Ukraine charitable organization. To date, Dr. Ashlea Canady, CGH General Surgeon, has coordinated over three pallets of donations from CGH Medical Center towards this effort.



"With the disruption of normal supply chains and greater necessity for medical supplies there are shortages of even the basics. This collective effort and support from caring individuals can help make a difference for those most in need," said Dr. Natalya Romaniv, a Rockford-area physician involved with Help Heroes of Ukraine.



## CGH Auxiliary 2022 Scholarships

**DEADLINE: WED. JUNE 15TH**

Application found at: [www.cghmc.com/foundation/scholarships](http://www.cghmc.com/foundation/scholarships)  
(Look for CGH Auxiliary Scholarships below the Foundation Scholarships)

### AWARD: SEVERAL \$1,000 SCHOLARSHIPS

**Must already be accepted into  
health-related program**

Submit via e-mail to [Debra.Keaschall@cghmc.com](mailto:Debra.Keaschall@cghmc.com)  
or to CGH Auxiliary, 100 E. LeFevre Rd, Sterling  
(postmarked on or before June 15, 2022)

Questions to Deb Keaschall at x5727







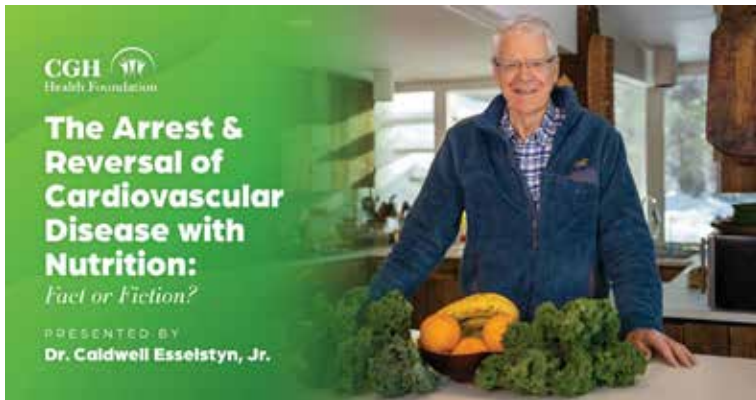
## CGH Main Clinic Introduces Jobelle Gamboa, MSN, APRN, ACNPC-AG, CVNP-BC, RCIS *Cardiology*

CGH Main Clinic is pleased to introduce Jobelle Gamboa, MSN, APRN, ACNPC-AG, CVNP-BC, RCIS. Jobelle has joined our Cardiology department as a Nurse Practitioner.

With more than 14 years of nursing experience in cardiology and cardiovascular intervention, Jobelle is dual board-certified as an Acute Care Nurse Practitioner in adult-gerontology by the American Association of Critical-Care Nurses and as a Cardiac Nurse Practitioner by the American Board of Cardiovascular Medicine. She is also a Registered Cardiovascular Invasive Specialist with Cardiovascular Credentialing International, as well as an instructor of advanced cardiovascular life support with the American Heart Association. Jobelle received her MSN from Walden University in Minneapolis, Minnesota, and her BSN from Manila Central University in the Philippines.



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www.cghmc.com



### The Arrest & Reversal of Cardiovascular Disease with Nutrition: *Fact or Fiction?*

PRESENTED BY  
Dr. Caldwell Esselstyn, Jr.

Join us for a **FREE Zoom tomorrow, Friday, May 6 at noon** for **The Arrest & Reversal of Cardiovascular Disease with Nutrition: Fact or Fiction?**

Heart disease remains the leading cause of death in the U.S. for men and women. But, as Dr. Caldwell B. Esselstyn, Jr., a former internationally renowned surgeon, researcher and clinician at the Cleveland Clinic, explains in his lecture that it can be prevented, reversed and even abolished. Dr. Esselstyn argues that conventional cardiology has failed patients by developing treatments that focus only on the symptoms of heart disease, not the cause. Based on the groundbreaking results of his 20-year nutritional study, the longest study of its kind ever conducted, he explains, using irrefutable scientific evidence, how we can end the heart disease epidemic in the country by changing what we eat.

Visit the **CGH Health Foundation's Facebook page** for a link to the event.



## Oncology Donation

Makayla Wolfe from Sterling High School's National Honor Society delivered handmade blankets to CGH Medical Center this week. Twenty student volunteers made the blankets which were given to the Main Clinic Oncology department for distribution to cancer patients.



**Thank you, Sterling High School!**

## Thank You, Girl Scouts!



Girl Scout Troop 1503 from the Sterling Rock Falls area recently donated Girl Scout cookies to CGH Medical Center. The cookies were shared with our hard-working satellite locations, Patient Accounts, the Main Clinic Business Office, and Community Works teams.

## EMPLOYEE OF THE MONTH

### SONYA SCHILPP

General  
Secretary  
Laboratory



**MAY 2022**

Sonya is the epitome of what CGH stands for. She is caring, knowledgeable and always willing to aid coworkers to facilitate patient care. She is never too busy for questions and is a wealth of knowledge and assistance. Her kind and friendly demeanor does not go unnoticed by staff and patients. Her bright personality is a breath of fresh air and is encouraging to others who interact with her. Her dedication to her job is unmatched as is her commitment to excellence. We are lucky to have such a wonderful person here at CGH.



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

## CGH Medical Center Eye Care

Edward Hanlon, OD | Matthew Cutter, OD | Jerald Cundiff, MD | John Hahn, MD, FACS



Edward Hanlon, OD | Matthew Cutter, OD

### OPTOMETRISTS

*Comprehensive eye exams for contact lenses & glasses, from kids to adults!*

Jerald Cundiff, MD | John Hahn, MD, FACS

### EYE SURGEONS OPHTHALMOLOGISTS

*Performing Over 800 Cataract Surgeries a Year!  
The only full-time coverage in the Sauk Valley Area*



**CGH Vision & Oral Surgery Center**  
10 W. Third St., Sterling, IL 61081  
(815) 622-1208

**CGH Dixon Medical Center**  
1321 N. Galena Ave., Dixon, IL 61021  
(815) 284-1600

CGH Vision Centers are an Outpatient Department of CGH Medical Center



# GRADUATION ANNOUNCEMENTS

**Do you have a special graduate you would like to honor in the Communique?**

**We will again put together a special "Graduation Insert" for the June 2 Communique and are accepting graduation announcements.**

Please send **Nicole Bollman** the:

- **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.*
- **Name of the high school or college they are graduating from and with what degree (if applicable)**
- **Names of the graduate's parents**
- **What department you work in**

Again, this can be anyone in your immediate family only (spouse, self and children)...including high school, college and beyond. This is a listing only...no photos.

**Deadline is Monday, May 23**

*Happy Mother's Day!*