



# Communique

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A CGH Medical Center Publication

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## CGH Recognizes DAISY Award Winner Angie Tschosik-Johnson, RN

Angie Tschosik-Johnson, a registered nurse in the CGH Critical Care Unit (CCU), was recently recognized as a recipient of the prestigious DAISY Award for extraordinary nurses.

An international program, the award is presented to nurses around the world who go above and beyond for their patients and demonstrate extraordinary compassionate care.

Stephanie Waller, RN, Digestive Health Center, and DAISY Award Coordinator, read the nomination as the award was presented: "Angie was working overnight in the CCU taking care of my patient's spouse. After her shift was over, she took the time to come downstairs, speak with my patient, and explain the changes that were happening to her spouse in the CCU. The patient was not taking the news well, and Angie sat down, looked at her in the eyes and held and rubbed her hand as my patient let out her emotions. Angie showed great compassion and really took time to listen to her concerns. She

answered all of her questions truthfully and in a way that was most dignified and calm. It was a special moment, and I'm glad I was able to witness her power in understanding her role as a nurse. I will never forget the impact she had on me and my patient that day because I, too, always want to lead with that much empathy."

Stephanie concluded by saying that Angie will very soon be leaving, only to return to the CCU as a nurse practitioner. "This will be a huge benefit for both CGH and the CCU!" she said.

The DAISY Award - an acronym for "Diseases Attacking the Immune System" - was established by the DAISY Foundation in California in memory of J. Patrick Barnes, who died at age 33 of an autoimmune disease. During his hospitalization, they deeply appreciated the care and compassion shown to Patrick and his entire family. When he died, they felt compelled to say "thank you" to nurses in a very public way. The DAISY Award continues to recognize and celebrate the outstanding professionalism and compassion that nurses bring to patients and their families every day.

Other CGH nurses nominated by our patients for the 2nd quarter DAISY award included: Elizabeth Acardi, Erika Adams, Sherri Bellini, Alyssa Canales, Lauren Cecchetti, Kaitlyn Dewey, Lisa Everly, Tina Frank, Taylor Fransen, Katherine Gillespie, Margaret (Maggie) Godman, Courtney Grobe, Danelle Grobe, Rachel Hallstrom, Kaylie Hawbaker, Erica Heaton, Holly Hilty, Julie Hurd, Andrew Jacobs, Sydney Lebahn, Shelly Lewis, Mercedes Lopez, Tiffany Markel, Manual Mooney, Heather Moser, Laurie Mostadt, Katyn Parrott, Brittany Slater, Randi Sturtevant, Angela Sullivan, Jamie Swearingen, Jody Thompson, Lyn Tiongson, Micah Trancoso and Beriah Zigler.

If you would like to submit a nomination for extraordinary nursing care that you or a family member have received at CGH Medical Center, please visit [www.cghmc.com/daisy](http://www.cghmc.com/daisy).



Angie Tschosik-Johnson, RN  
Critical Care Unit



# Whiteside County Recognized Healthiest Counties in America

The Annual Healthiest Communities rankings were recently released, and Whiteside County has been recognized as one of the Healthiest Counties in America. The rankings, published by U.S. News & World Report, analyzes health and well-being in nearly 3,000 county and county equivalents in 84 metrics across 10 key categories, including population health, public safety, housing, economy, equity, environment, food and nutrition, community vitality and infrastructure.



Whiteside County scored 57.1, and ranked 48 among its peer group of Urban - Up-and- Coming counties. The National average was 48, Illinois counties averaged 52, and the Urban, Up-and -Coming peer group averaged 32. The ranking showed progress from 2020's Whiteside County score of 53, and a peer group ranking of 56.

Whiteside County Board Chair James Duffy, said, "It's great to have Whiteside County recognized as one of the nation's Healthiest Communities. We have been saying Whiteside County is a great place to 'live, work and play', and receiving recognition from a reputable third party reaffirms that our message is on the target. Congratulations to all in Whiteside County that worked on making our County a great place to live, work and play."

Gary Camarano, Whiteside County's Economic Development Director, said, "Our Healthiest Community recognition is the result of hard work from all of our partners here in Whiteside County. Our private sector businesses, who invest in the community and its workers, our primary and secondary educational institutions, our healthcare partners, economic development partners - municipalities, EDOs, Chambers of Commerce - and our many civic organizations. They have all done an outstanding job, especially considering the trying year we just came through."

Camarano added, "While I am very pleased with our current ranking, our score indicates we still have some work to do. We certainly want to continue our good work and progress in all the categories scored, but there are some categories - for example housing, food and nutrition, and community vitality - that we need to assess and address with a little more vigor. As always the continued coordination and collaboration between all our partners is what really counts here."

Whiteside County's Economic Development Department has been collecting the results of several third party research groups as to Community Livability and Community Distress, and will make those finding available in the near future. "These indexes show us in a good light, highlight where we are doing well and where we need to step-up, are a good indication of how others see us, and can be useful as we look to retain and attract residents and workers."

## Senator Stoller Visit



CGH recently welcomed Illinois State Senator Win Stoller and his wife, Amy, for a visit with Dr. Paul Steinke, President and CEO.

Senator Stoller assumed office on January 13, 2021 and represents Illinois' 37th Senate District. This district includes all or parts of Bureau, Henry, Knox, LaSalle, Lee, Marshall, Mercer, Peoria, Stark and Woodford counties, and overlaps with a portion of CGH's service area.

## CHANGE IN OUTPATIENT SERVICES AT MAIN CLINIC LAB

**Beginning Monday, August 16,  
in the CGH Main Clinic Lab,  
6-7 am will be reserved for outpatient  
FASTING and STAT lab draws ONLY.**

**All other lab testing will begin at 7 am.  
Please help spread the word to staff and patients.  
Thank you!**



# 2021 CGH Summer Scholars Program Comes to a Close



CGH recently wrapped up its 2021 Summer Scholars Program - a program designed to provide students in our service area with an opportunity to explore the health care field. Over the last two months, this year's participants had the opportunity to work one-on-one with CGH physicians, while also attending lectures about careers in the health care field and rotating between our various medical departments. The 2021 program concluded with a program, where each of the students

described the research project they worked on and/or completed while at CGH. Thank you to our Summer Scholars (pictured above, L-R): **Isabella Trancoso, Brianna Blaine, Walter Reter, Alaina Schreiner, Joselyn Reed and Abigail Aitken.**

*We hope you enjoyed your time at CGH and hope to see you again someday!*

## Youngest & Oldest Volunteers



Our youngest and oldest volunteers, **Kyla** (18) and **Ethel** (91), worked together at the hospital's front desk on Monday, July 12. We're so happy to have volunteers of all ages willing to give their time to the Auxiliary and to CGH!

*Thank you for all you do!*

## Yoga Class

The CGH Health Foundation offers yoga every Monday at 5:15 p.m. in the community room at 2600 North Locust in Sterling. Anyone in the community is welcome. The instructor is Sherry Prescott and cost is only \$5. Please bring your own mat, also strap and blocks if you need them. Masks must be worn to enter the building but may be removed during class if you are vaccinated.



## Riding for the Foundation

**Nathan Ackert (Physical Therapy)** is currently participating in RAGBRAI (Register's Annual Great Bike Ride Across Iowa). In total this encompasses 481 miles over six days.

Nathan will be using this as an opportunity to help the CGH Health Foundation raise money for the Annual Appeal by accepting pledges per mile ridden. For example 10 cents per mile would equal \$48.10. Pledges may be submitted via Venmo to @CGH-HealthFoundation.



**Nathan Ackert, DPT**

**Please consider supporting Nathan and the CGH Health Foundation!**

## Thank You, Copper!



Thank you to Copper, the Whiteside County Sheriff Department's comfort dog, for visiting staff and giving much needed puppy cuddles!

# August Birthdays

1	Sunday Dugger	16	Jeffrey Thormeyer
1	Maddie Gasso	17	Carey Bruder
1	Taylor Herrick	17	Thomas King
1	Morgan Kelly	17	Robin Lane
2	Vicki Biller	17	Lindsey Urish
2	Taylor Colville	18	Vanessa O'Connell
2	Amanda Fortune	18	Kimberly Przynsucha
2	Dakota Huene	18	Amy White
2	Asia Thompson	18	Mary Williamsen
3	Elizabeth Accardi	19	Megan Bright
3	Amy Anderson	20	Misty Nichols
3	Tracy Herrera	20	Traci Snodgrass
3	Megan Shank	20	DeAnn Wagenknecht
3	Monty Smith	20	Stephanie Waller
3	Shawn Zigler	21	Stormi Andrew
4	Katrina Alexander	21	Cynthia Britton
4	Ashleigh Chapman	21	Carissa Dahlberg
4	Katlyn Denning	21	Kelly Diehl
4	Courtney Grobe	21	Thomas Hartman
4	Kathy Mills	21	Amanda Larry
4	Savannah Skinner	22	Heather McKenna
5	Sheila Johnson	22	Dustin Siebel
5	Connie Spears	22	Sarah Wilson
5	Sara Stage	23	Thomas Beswick
5	Patricia Zigler	23	Donna Hines
6	Beth Ackert	23	Kendra Kruse
6	Christopher Fleming	23	Dugan Repass
6	Emily Jones	24	Lindsey Fiorini
6	Monte Sunday	24	Marddi Rahn
7	Christina Castellanos	24	Elizabeth Reed
7	Kala Karrow	25	Tracey Aude
9	Vanessa Simonton	25	Erica Heaton
10	Nicholas Barthel	25	Laura Hernandez
10	Lynell Breidenbach	25	Cindy Schott
10	Sarah Cebula	26	Nellie Burke
10	Ashley Devers	26	Brooke Carroll
10	Heidi Dunn	26	Sandra Hilton
10	Jamie Hill	26	Jill Sosi
10	Maria Miller	26	Jennifer Tompkins
10	Sarealia Snitchler	27	Charles Arwine
11	Steven Barkley	27	Paul Murphy
11	Greg Gillette	27	Daneen Sandrock
11	Destinee Massey	27	Sue Staker
11	April Miller	28	Amanda Creekpauum
11	Jason Roberts	28	Kelli Larson
12	Sherry DeWalt	28	Nichole Small
12	Linda Roushia	29	Gabriella Ovalle
12	Emily Sheaffer	29	Jessica Spinden
12	Jill Straw	29	Vicky Stokes
13	Andrea Day	29	Jennifer Stultz
13	Magdaline Egert	29	Geoffrey Wright
13	Mark Humphries	30	Ryan Bohms
13	Sydney Lebahn	30	Paige Gibson
13	Hope Sandoval	30	Chrissy Leaf
13	Christine Schlegel	30	Bob Lehman
14	Mir Asif Alikhan	30	Lisa Lira
14	Daniella Chino	30	Zia Meier
14	Taylor Fransene	30	Adison Schofield
14	Lizzy Ptasnik	30	Jason VanMeter
14	Ben Sauer	31	Paula Beveroth
15	Missi Armstrong	31	Allison Houldson
15	Mercedes Lopez	31	Olivia Kenney
15	Laurie Munoz	31	Brandon Neighbour
15	Leanne VanZuiden	31	Joseph Schueler
16	Aubree Johnson	31	Natasha Schwarz
16	Thomas McGlone		



## Beyond Trim

Helping you lead a better and healthy life



Eating fruits and vegetables grown close to where you live is when they are freshest, they taste best, and they are usually less expensive. But did you know that what we eat according to the season has another benefit? Learn more (and get a great recipe for Fresh Corn Salad) in the newest article by CGH health coach Sherry DeWalt - "Season's Eatings!" Visit [www.cghmc.com/beyondtrim](http://www.cghmc.com/beyondtrim) today!

# Shoe Roads Productions

## AUXILIARY SHOE SALE

AUGUST 16 12 PM - 6 PM

AUGUST 17 7 AM - 3 PM

## RYBERG AUDITORIUM

Preorder Online BEFORE the Sale!

Visit [www.shoerods.com](http://www.shoerods.com)

Pick Up and Pay at the Show!

