



Communique

November 4, 2021

A CGH Medical Center Publication

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On November 4, 1946, Mrs. Hellen M. Lawrence met with about 25 women in her home to discuss the shortage of nurses caused by World War II. Together, they had a vision to contribute to the community and serve the Sterling Public Hospital. This marked the start of the CGH Auxiliary.

News of the Auxiliary spread quickly, and soon sewing groups from local churches and community clubs were organized to make hospital gowns and dressings. As the needs of the hospital grew, and the nursing shortage continued, the women realized fundraising was needed. A variety show and gift sale were held in downtown Sterling during that first year, and because of their efforts, the hospital was equipped with a toaster, two chairs, bedside lamps, baby bottle sterilizers and a modern incubator, among other items.

CGH Auxiliary Celebrates 75 Years



By 1949, the seed of volunteer service was planted not only in the minds of those in the Auxiliary, but also in the minds of hospital officials. Together, they installed a library for hospital patients, and cart service soon followed, supplying patients with necessities and pleasures.

Seventy-five years later, their story continues to unfold. Their initial enthusiasm and success are still evident in the more than 20,000 hours of "hands-on" service they provide to our patients, visitors and staff. The Auxiliary, whose membership now includes men, women and teens, serves 25 CGH departments with activities ranging from escort and wheelchair transport to encouraging oncology patients and assisting customers in the hospital's gift shop. In addition, with healthcare scholarships and holiday lighting as key projects, fundraising remains a priority.

"Down through the years, so many women deserve credit and thanks for making the Auxiliary what it is today," says a scrapbook page on the Auxiliary's early history. "We call them by name, we can issue tangible awards, but the most fitting tribute we can pay to them is to carry on and build on what they started."

"The list of everything the CGH Auxiliary does for our patients, visitors, employees and physicians could go on and on," said Dr. Paul Steinke, CGH President and CEO. "This is a group of truly dedicated volunteers who give their time, talent and expertise selflessly. We truly appreciate all that they do and for carrying the tradition onward."

The CGH Auxiliary will celebrate its 75th Anniversary throughout the month of November. A celebratory event will be held at the McCormick Event Center in Rock Falls in early spring (due to COVID). A VIP reception for Auxiliary members and past presidents will be held, followed by a "Friends of the Auxiliary" event that will include hors d'oeuvres, desserts, musical entertainment and memorabilia. To see a historical timeline of the Auxiliary, visit www.cghmc.com/auxiliary75.

Watch for a special CGH Auxiliary 75th Anniversary edition of Communique to come out next week.

Patient Experience Culture of Caring

What is patient experience?

Hopefully all of you have been thinking of what this means to you. We began our Patient Experience focus sessions at your department meetings in August and will have several more sessions over the next year. Each one of us is the Patient Experience when we have any interaction with our customers. It is the patient's perception of these interactions that make it so critical that we always make them positive! I want to share some of the comments that the managers have sent to me after their sessions with staff.

- For one of my "toughest" areas, the handout questions prompted discussion from the staff, and I could definitely see their wheels turning when they thought back to a time when they were with a family member.
- We need to remember that we are a hospital caring experience for the community whether in the hospital hallways or walking on the sidewalks downtown. We can help the members of our area feel confident that we are here to listen, to care, and to help NO MATTER WHAT. Our communication and attitude bring reassurance and confidence to all we meet.
- Sometimes just being present is so important rather than words. Sometimes words don't need to be spoken . . .
- I love learning and thinking of the other persons perspective. The why's of their reactions and responses to situations. These times of thought allow me to self-reflect in how I need to try to be cognizant of others' feelings, unknown situations, and their lives as they are currently living - accepting where they are at that moment.

I am the Patient Experience!!!!

Mary Jean Derreberry BSN, RN-BC
Director of Patient Experience



Employee Pfizer Booster Shots



Don't forget to sign up for your Pfizer booster shot! Employee Pfizer booster shots will be administered on Friday, November 5th in the Ryberg Auditorium.

To schedule your Pfizer booster shot, click this link: www.patientweb.cghmc.com/PcisPortal.Site/schedule/appt/VINJ/VINJW

Instructions:

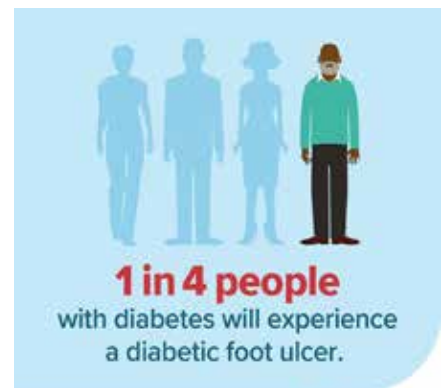
1. Click the link above.
2. Click the calendar forward to November 5th.
3. Click to choose your time.
4. Fill out the information.
5. Put it on your calendar and show up on November 5th at that time in the Ryberg Auditorium!

CGH Wound Healing Center National Diabetes Month

As we kickoff National Diabetes Month, the CGH Wound Healing Center reminds you that foot examinations are essential to your health, especially if you are living with diabetes, peripheral artery disease, neuropathy or nerve damage, are over 65 years of age, or if you are immunocompromised.

Make sure to check your feet regularly for red spots, cuts, swelling or blisters, as an undetected foot wound can lead to serious complications, including amputation.

If you or a loved one is experiencing a chronic non-healing wound, please contact the CGH Wound Healing Center. We are here to help! Our specialized wound care is proven to improve healing and significantly lower amputation risks. For more information, or to schedule an appointment in Sterling or Dixon (no referral needed), call (815) 564-4002.



Healogics

Carey Bruder, Oral Surgery Safety Champion 2021

Congratulations, **Carey Bruder** (Oral Surgery), November's safety champion for the **2021 Working Safe is How We Roll** employee safety campaign.

Below are some of Carey's answers to questions on safety.



Carey Bruder

Why is safety at work important to you?

When you follow all protocols that are in place you keep your patients, coworkers and yourself safe. When you have a safe place to work, you have a happy place to work.

How can workplace safety be maintained?

Workplace safety can be maintained when everyone uses teamwork to follow all safety measures that are in place. Education, training and proper tools give everyone the ability to do their best job they can do.

It is our goal to keep patients safe, How does this effect your actions every day?

I hold myself accountable to follow all safety procedures. Following all safety standards keeps our patients safe, which gives me great pride!!



Children's COVID-19 Vaccine



Based on recommendations from the FDA, CDC and IDPH, CGH will begin administering the Pfizer COVID-19 vaccine – by appointment only – for children ages 5 through 11. Vaccine clinics will be held on **Fridays, November 5, 12, and 19** from **2:30 to 5 pm** in the CGH Main Clinic Pediatrics Department.

To schedule an appointment, call the CGH COVID-19 vaccination hotline at (815) 632-5298. No walk-ins will be accepted. As with all vaccinations for individuals under the age of 18, one parent or guardian will need to be present to authorize vaccine administration. Parents are encouraged to discuss health concerns or any questions with their pediatrician or their child's healthcare provider prior to coming in for the vaccine.

Delicious Designs Thank You

THANK YOU to Our Delicious Designs Supporters!

Another great virtual silent auction was made possible last week by area friends of the CGH Health Foundation!

Almost \$28,400 was netted from the over 200 baskets, desserts, gift cards, Wish List items for patients and shirts auctioned off.

Proceeds benefit the CGH Women's Health Program and the new day of free counseling for OB moms so greatly impacted by the pandemic.

Contributions are still being accepted for this event by going to cghmc.com/foundation or calling Amanda at (815) 625-0400, ext. 5575.



Beth Warner, left, picks up her winning basket from Foundation Development Officer Amanda Blaine.

Infection Prevention Week

Organized by the Association for Professionals in Infection Control and Epidemiology (APIC), the theme for this year's International Infection Prevention Week is "Make Your Intention Infection Prevention."

Infection prevention is more important than ever in the battle against a global pandemic and other healthcare-associated infections. As healthcare workers, it is important that we ALL "make our intention infection prevention," because each one of us plays an essential role in promoting the science behind infection prevention, spreading factual information, and countering misinformation in the public.

During Infection Prevention Week and all year round, we thank our Infection Prevention Team for all you do behind the scenes to ensure the health and safety of our patients, visitors, volunteers and staff!



Thanksgiving Turkey Pick-Up

We give thanks for all of our CGH Medical Center employees and volunteers! To help celebrate the season, please enjoy this turkey as a token of our appreciation!

Thursday
November 11
2-5 pm

****NEW THIS YEAR****
Employees & Volunteers **MUST** show CGH badge to pick up turkey

Drive Up Locations:
Ambulance Garage
West Hospital Lobby Doors
(by Ryberg)

Walk-Up Location:
Ryberg

****Additional Drive-Up Only****
Ambulance Garage - 6:45-7:30 pm

Happy Thanksgiving!

If you decide that you don't want your turkey, it will be distributed to a requesting charity.

Halloween COSTUME CONTEST

CONGRATULATIONS TO OUR FACEBOOK "PEOPLE'S CHOICE" AWARD WINNERS!



SALLY DOUGLAS
ENVIRONMENTAL SERVICES



THE VISION CENTER - STERLING
THREE BLIND MICE, FARMER, FARMER'S WIFE, AND CHEESE

We had a tremendous response by the public, with lots of comments and reactions in support of ALL of your creative costumes! THANK YOU TO EVERYONE WHO PARTICIPATED!



To see the complete gallery of photos entered, please visit the CGH Heartbeat at www.heartbeatcgh.com/halloween-gallery

Thank you all for participating!

Bright Lights for Bright Memories

Remembering and Honoring those who add light to our lives

The Auxiliary invites you to recognize those who make our lives a brighter place. For any donation amount, the names of loved ones will be shown during CGH's virtual holiday lighting ceremony on Tuesday, November 16th. These names will also be included in the CGH Communique. Your donation will help fund the lights that shine around CGH all holiday season and can be dropped off at the Auxiliary Office.



ANNUAL HOLIDAY LIGHTING
Healthy & Bright

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!



Masquerade™

\$5 JEWELRY & ACCESSORIES SALE

RYBERG AUDITORIUM

THURSDAY, NOVEMBER 18TH 7AM - 5PM

FRIDAY, NOVEMBER 19TH 7AM- 2PM

SPONSORED BY CGH AUXILIARY

Cash, Debit/Credit Cards
and Payroll Deduct Accepted