



Communique

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A CGH Medical Center Publication

In This Issue:

- CGHHF Ninth Annual Virtual Delicious Designs Event Raises \$33,081
- National Nurse Practitioner Week
- Local Groups Support CGHHF Women's Health Program
- Blood Drive
- Work on Your Weight & Health
- Spotlight on Nursing
- Coat, Hat & Mitten Drive
- Caring Fund Donations
- Thank You
- December Birthdays
- Perioperative Nurses' Week
- CGH Auxiliary Cookie Caper

CGH Health Foundation's Ninth Annual Virtual Delicious Designs Event Raises \$33,081

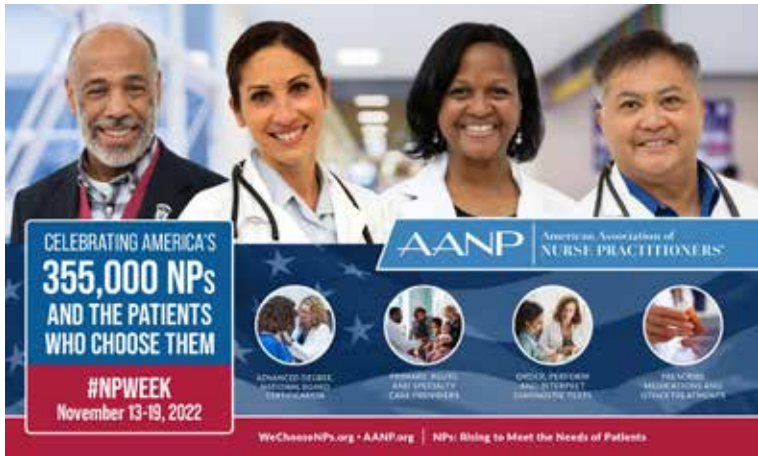
Thank you to the nearly 200 individuals and businesses who bid on Silent Auction items, sponsored a Wish List item for patients or a virtual table or dessert at the ninth annual virtual Delicious Designs event in October.

A record \$33,081 in net profit was raised with your support. Proceeds will fund the long-time CGH Health Foundation Women's Health Program and the new Dementia Project, which is the main focus of the 2022 Annual Appeal. Kudos to event Co-Chairs Lindsey Pistole, Vice President of Retail at Sauk Valley Bank; Gina Grennan, Director of CGH Diagnostic Imaging and the Northern Illinois Cancer Treatment Center; and Kayla Brown, Funeral Director with McDonald Funeral Home.

Our Women's Health Program was created in 1993. Last year, we assisted 534 women, and we've helped thousands of women over the years. We partner with CGH Medical Center in providing screening mammograms with no out-of-pocket costs to area women. Diagnostic tests, breast biopsies, ultrasounds and MRIs are also partially covered. Comfort bags for breast cancer patients and meals for CGH Medical Center chemotherapy patients are funded as well.

One of the biggest goals of the Dementia Project is to fund a Dementia Navigator for CGH who will be instrumental in guiding our dementia patients and families on their journey, similar to the breast navigator and oncology navigators the Foundation has helped fund. We are also organizing caregiver support groups, with the help of the Alzheimer's Association, hosting educational programs, developing a comprehensive listing of area and national dementia resources, providing funding for musical instruments for memory care centers, creating an assistance fund to help families with extra costs incurred with having someone with dementia in the family, and other activities.





It's time to celebrate! National Nurse Practitioner Week (November 13-19) is a time to highlight the positive contributions of CGH Medical Center's NPs!

NPs are an excellent choice for your family's health care needs — providing primary, acute and specialty care to patients of all ages. They assess patients, order and interpret tests, make diagnoses and provide treatment — including prescribing medications. With outstanding health outcomes and patient satisfaction rates, our NPs emphasize healthy living through education, counseling and disease prevention.

During National Nurse Practitioner Week, and all year round, THANK YOU for the dedication and high-quality care you provide our patients!

Local Groups Support CGHHF Women's Health Program



Verifacts Staff Support Area Breast Cancer Patients

Armed with 15 colorful pamper bags and 15 beautiful cupcakes, three Verifacts employees visited the CGH Diagnostic Imaging Department recently in support of area breast cancer patients.

Leading the effort were Megan Shepard, far right in group photo, whose mother passed from breast cancer, Angie Ristau, third from right, and Katie Frautschy, second from left. With them are DID staff from left, **Lacey Dierks, Shari Batten, Gina Grennan, Kelli Vilmont** and **Erika Adams**. The bags contained ear buds, a pink ribbon scarf, warm socks and gloves, a water bottle, Sudoku puzzle book, lotion, mints, stress ball, hand sanitizer and key chain. Funds were gathered from over 30 Verifacts employees to fill the bags. This is the second year their staff have provided the bags and we can't thank them enough!

EMS In the Pink

The crew of nearly 35 staff in the CGH Pre-Hospital/Ambulance Department adopted pink as their attire during the month of October. They wore the "CGH EMS For a Cure" shirts on duty and also sold them, raising \$805! Proceeds were given to the CGH Health Foundation in support of the Women's Health Program.



Pictured with the shirt and donation are from left, **Ryan Venema**, EMS Director, **Jason Larson**, Shift Supervisor, and **Chad Hartman**, Assistant Director.


Beautycounter Donates Pamper Bags

Thirty-five pamper bags were donated recently for distribution to CGH breast cancer patients. Crystal Funderberg, right, Regional Manager of the area Beautycounter team, collected sponsorships from local businesses to create the "Pouches with a Purpose" to share with patients. The bags contained hand lotion, lip gloss and mints. With her is CGH Health Foundation Executive Director **Joan Hermes**.




BLOOD DRIVE

BLOODCENTER.ORG




Thursday, December 1 9:30 am – 6:00pm
Ryberg Auditorium (100 E. LeFevre Rd. Sterling)

MASKS OPTIONAL. APPOINTMENTS ARE REQUIRED.
To schedule, please scan the QR code below or call 815-625-0400; x6879 for Michelle or x1057 for Bryan




Give blood **11/14/22 – 1/15/23** & get your choice of a gift card or a donation to Feeding America.



SCAN ME!

Please eat before donating and bring Photo ID.
 Last Date to Donate Elsewhere: 10/6/22
 Group Sponsor Code: 3591



Work on Your Weight & Health



Are you are ready to work on your health and your weight in 2023? Please consider signing up for the CGH Health Transformation Program (HTP).

The Health Transformation Program (HTP) teaches participants how to lower blood pressure, control blood sugar, improve cholesterol numbers, and lose pounds and inches in the process. HTP is a one year commitment that includes classes every two weeks, individual counseling by a certified health coach, and quarterly lab work. The cost is only \$150.00 per year (\$6.00 per pay) but CGH employees get their money back at the end of every quarter as long as you attend class and complete the labs. For more information on enrollment, contact Sherry DeWalt at ext. 5716, or Bryan Frederick at ext. 1057.



Caring Fund Donations

If you have a favorite charity that is looking for holiday donations, remember to submit a request to the CGH Employee Caring Fund. Please send all donation requests to Ashley Roux in EMR.



The Caring Fund is funded 100% through CGH employee contributions. This money is used to send a thoughtful token to CGHers in the event of a birth/adoption of a child, hospitalization, death of an immediate family member, or personal catastrophe. The Caring Fund also funds CGH employee scholarships, sponsors "Cheers from Your Peers" and contributes to local charities.



Lauren Cecchetti, APN, NP-C Internal Medicine & Pediatrics

Fun facts about me:

I worked as a CNA, MA and RN prior to becoming an NP. I have an impressive collection of plants at home and in my office (you can never have too many). My daughter, Tya, is 15 years old. I love to watch her on the DHS golf and dance teams. I also have a niece and two nephews that I love to spoil!



My best career lesson:

Listening to others is key. Keeping an open mind is important, because everyone views their health status and well-being differently. Be kind to everyone, because you never know what someone is going through. Trust your gut.

3 words that describe me:

Dedicated, Funny, Caring

When I'm not working, I enjoy:

I enjoy spending time with my family, painting, riding my bike, going for walks, tending to my plants, reading, and spending time at home.

What I like about my job:

I am able to see a variety of patients, from newborn to elderly. There is always something new to learn. I enjoy the day-to-day interactions and building rapport with patients.

My job duties:

As a Nurse Practitioner, my duties include providing comprehensive care to patients of all ages for acute problems, chronic diagnoses and preventative care.

November '22

Thank You

I would like to thank you for all your prayers and support for my father, myself, and my family during our most recent difficult time.

Thank you for all the condolence cards and the gift from the CGH Caring Fund after my father's passing. Special thanks to my Vision Center family for your understanding and caring during this difficult time.

My heart-felt appreciation,
Miranda Lauritzen, Ophthalmology

December Birthdays

1	Andrea Adee	19	Laura Leal
1	Minerva Ferrel	19	Heather Moser
1	Heather Holder	19	Peggy Squire
2	Krista Buckley	19	Jennifer Walker
2	James Larcom	19	Matthew Wolf
2	Christina Larson	19	Diane Yeoward
2	Kelly McCormick	19	Melissa Zinke
2	Eric Mullan	20	Nichole Blackert
3	Diana Chumacero	20	Elizabeth Falls
4	Samantha Greer	20	Julie Hummel
4	Chris Peed	20	Michelle Rogers
4	Debra Sigel	20	Christy Settles
5	Karisa Kramer	20	Shelbi Shipma
5	Ruben Reyes	20	Daniel Surdez
6	Shari Giffin	21	Paula Lucas
6	Whitney Phillips	22	Brittanie Bruder
7	Silvia Favela	22	Mathai Karingada
7	Anne Harms	22	Manuel Mooney
7	Sean Ryan	22	Alisha Wetzell
8	Rachel Bittner	23	Kaci Linton
8	Mary Jean Derreberry	23	Heather South
8	Shelly Houzenga	23	Ryan Whiteside
8	Michelle Salas	24	Jordan Baeza
9	Angel Blazquez	24	Jon Berens
9	Kathleen Bowman	24	Lynne Coffey
9	Katyn Parrott	24	Heather Eddinger
9	Samuel Rivera	24	Patty O'Brien
9	Sarah Thomaschefskey	24	Marcela Sproul
11	Marci Foutch	24	Dahley Vinson
11	Jordan Mullan	26	Laura Davis
11	Bethany Schmitt	26	Paige Morales
12	Rebecca Green	27	Matthew Hammer
12	Darlys Heiderscheit	27	Kara Nehrkorn
13	Michael Byrd	27	Polly Nobis
13	Paul Cunniff	28	Gregory Beck
13	Lilian Gaulrapp	28	Holly Hilty
13	Laura LaCoursiere	28	Sara Ramage
13	Julie VanAusdal	28	Shelli Silva
14	Jennifer Kastner	28	Loni Ulve
14	Micaela McCoy	29	Savannah De La Fuente
14	Sabrina Pletsch	29	Colleen Lahey
14	Jessenia Trujillo	29	Mario Medina
14	Katie Wetzell	29	Hannah Mobarak
15	Shandi Armstrong	29	Christina Ramirez
15	Kelly Escamilla	29	Jodi Rank
15	Timothy Ross	29	Brice Taylor
16	Desiree Burke	29	Jeffrey Venema
16	Becky Davis	29	Lacey Young
16	Laura Jackson	30	Corinne Abell
16	Yvette Sandoval	30	Leann Bellini
16	Danelle Saunders	30	Darcie Bettner
16	Haley Staf	30	Caitlin Deppe
16	Diane Wheeler	30	Melissa Duncan
17	Stacey Lazansky	30	Kimberly Jordan
17	Megan Schumaker	30	Jose Montano
17	Angie Thompson	30	Yolanda Ramos
18	Marites Montanez	30	Taylor VanZuiden
19	Brenda Holdorf	30	Lyndsey Weber
19	Toni Ikens	30	Alex Zarate
19	Shawna Kester	31	Cathy Meenen
		31	Kelly Mitchem

**HAPPY
PERIOPERATIVE
NURSES' WEEK!**



November 13th-19th 2022

THANK YOU NURSES!



If you or someone you love has had a surgical procedure, a perioperative nurse was responsible for you or your loved one's well-being throughout the operation. Perioperative nurses provide specialized nursing care to surgical patients before, during and after surgery. **November 13-19 is Perioperative Nurses' Week**, an annual celebration of perioperative nurses and their commitment to safe care of our surgical patients. The entire CGH perioperative team works hard to protect you – our patients – when you are most vulnerable! **THANK YOU, perioperative staff, for all you do and for your dedication to our patients today and every day!**

SAVE - THE - DATE

THE CGH AUXILIARY

COOKIE

CAPER!

& SHARE THE JOY MARKET

FRIDAY, DECEMBER 9TH