



# Communique

September 22, 2022

A CGH Medical Center Publication

## In This Issue:

- Join the 2022 Delicious Designs Team
- Spotlight on Nursing
- National Healthcare EVS Week
- Special Recognition Edition... Coming Next Week!
- Employee Appreciation Week
- Nancy Lauritzen Retirement
- CGH Chiropractic Care: Curtis Coyle, DC, CCEP
- Scrub Sale
- Blood Drive
- October Birthdays
- Fall Dementia Workshop

## Join the 2022 Delicious Designs Team

Leading the October 20 to 25 ninth annual virtual Delicious Designs are Co-Chairs Lindsey Pistole, Gina Grennan and Kayla Brown. Funds raised will be split between our traditional Women's Health Program and the new Dementia Project, which is the main focus of the 2022 Annual Appeal.



Lindsey Pistole



Gina Grennan



Kayla Brown

Lindsey Pistole, Vice President of Retail with Sauk Valley Bank, is co-chair for her third year, and has been on the committee for five years. Gina Grennan is in her first year on the committee, but has partnered with the Women's Health Program for many years in her role as Director of CGH Diagnostic Imaging department. Kayla Brown is also new to the committee, and is a Funeral Director at McDonald Funeral Home. Kayla is Gina's daughter, and they lost their grandma/mother-in-law to dementia earlier this year.

Our Women's Health Program was created in 1993. Last year we assisted 534 women and 7 men. Yes, men can get breast cancer! We've helped thousands of women over the years. And, did you know 2/3 of dementia cases are women? So it's an easy message to combine with helping area women in general.

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.

Are you ready to join the 2022 Delicious Designs team? You can help by donating a basket or dessert, or volunteering your time. Please let Joan, Amanda, Lindsey, Gina or Kayla know if you can help us out this year...either a little or a lot!





## Spotlight on Nursing

### Stephanie Robbins, RN Shift Coordinator

**Fun facts about me:**

If the temperature is below 80, I will probably have a hoodie on. I have always worn my socks mismatched and inside out. It still drives my mom crazy.

**My best career lesson:**

No one should die alone.

**3 words that describe me:**

Trustworthy, Honest, Sarcastic

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

Staying in my pj's and hanging out with my kids (for the most part)

**What I like about my job:**

I like being able to interact with employees and patients from every department on a nightly basis.

**My job duties:**

My job duties include collaborating cohesively with staff and patients to make it through hospital night life.

September '22

## National Healthcare EVS Week



**National Healthcare Environmental Services Week was September 10-16.** Environmental Services Week is a time to celebrate, appreciate and recognize our dedicated EVS team! Working together, they ensure our hospital is a clean, safe place for our staff, our patients, their families, and our community. These exceptional employees are an essential part of CGH as they are the front-line defense against the spread of infection.

To all of our EVS staff...THANK YOU for all you do!



**Coming Next Week...Our Special Employee Recognition Edition of Communique which will highlight our 2022 honorees!**

Pictured above are 40 and 45 Year Honorees: Ed Pruis, Linda Baker, Bob Lehman, Patti Nice (45), Judy Hammett and Nancy Lauritzen.

CGH MEDICAL CENTER

## Employee Appreciation Week

**Thank you, CGH employees, for all you do!**

**You have always been our Heroes!**



# Happy Retirement

PLEASE JOIN US IN CELEBRATING  
**NANCY LAURITZEN**  
ON HER RETIREMENT  
AFTER 40 YEARS!



SEPTEMBER 30TH  
1-3 PM  
RYBERG AUDITORIUM



## Scrubs On-Site Sale!

RYBERG AUDITORIUM  
Tuesday, October 4th  
6:30am-4pm

We're back with your favorite scrubs and accessories!

PAYROLL DEDUCT, CREDIT  
CARDS & CASH ACCEPTED

**#SCRUBS**  
MICHIGAN

1536 Ogden Avenue Downers Grove, IL  
630-969-9241

LOGO APPAREL  
ONLINE STORE:  
Oct. 4th - 15th  
Featuring New Items!

Payroll Deduct &  
Credit Card Accepted

CGH Medical Center **Chiropractic Care**

### CURTIS COYLE, DC

Traumatic events, improper lifting or even just repetitive stress can cause your joints to become misaligned or strained. In turn, this can cause loss of mobility, headache, backache, neck pain and extremity pain, as well as pain in neighboring muscles, discs, ligaments and nerves.

If you are experiencing any of these symptoms, don't wait another day! Dr. Coyle would love to help you live your best life...pain free!



Same day appointments available!

**(815) 622-1211**

2600 North Locust St,  
Sterling, IL 61081

[www.cghmc.com](http://www.cghmc.com)



## BLOOD DRIVE

[BLOODCENTER.ORG](http://BLOODCENTER.ORG)



Thursday, October 6

9:30am – 6:00pm

Ryberg Auditorium (100 E. LeFevre Rd., Sterling)

MASKS AND APPOINTMENTS ARE REQUIRED.

To schedule, please scan the QR code or call  
815-625-0400; x6879 for Michelle or x1057 for Bryan



Give blood 9/12 – 11/13  
and get a voucher for a  
blood type mug or a gift  
card. Mugs are available  
in all 8 blood types.



SCAN ME!

Please eat before donating and bring Photo ID.  
Last Date to Donate Elsewhere: 8/11/2022  
Group Sponsor Code: 3591

 **ImpactLife**



# October Birthdays

1	Anna Imel
2	Mellissa Anderson
2	Kathryn Edson
2	Vickie Mathis
2	Mary Rohlik
2	Maria Cristina Salomon
2	Sabrina Stock
3	Reina Arana
3	Erica Day
3	Stacy Dillard
3	Kylie Fogel
3	Jodie Gaffey
3	Cherie Parker
4	Magdalena Castillo
4	Kelli Jepson
4	Rebecca Mayberry
4	Melissa Meusel
4	Jeanie Swanson
5	Jordan Britt
5	Michele Harrison
5	Ashley McPhillips
5	Danielle Scully
6	Carissa Ferry
6	Sonia Johnson
6	Korissa Kipping
6	Ruben Leal II
6	Alaina Sanchez
6	Laura Soleta
7	Kathryn Beck
7	Jennifer Bookman
7	Ken Koerner
7	Amy Letcher
7	Young Song
7	Erika Stubblefield
7	Ashley Swanson
8	Julie Jones
8	Ashley Lewis
8	Tyler Maldonado
8	Englantina Navarro
8	Desiree Olalde
8	Karmen Sage
8	Nancy Tran
8	Andrea Vickers
9	Tracy Ranken
9	Blake Siglar
9	Erika Stach
10	Sherri Bellini
10	Lacey Diers
10	Kaylan Dietz
10	Stevie Jamin
10	Eric Kuhns
10	Kelli O'Neal
10	Abbie Seaberg
10	Ryan Venema
11	Randal Davis
11	Karen Hosler
11	Linsey McBride
12	Bryan Frederick
12	Laura McKenna
13	Johnny Hearn
14	Drake Ellis
14	John Foust
14	Chelsi Jones
14	Becky Romano
14	Bailey Smith
15	Tyradenay Brands
15	Sam Brown
15	Hope Kraft
15	Kelsi Peterson
15	Sandra Ryan
15	Lisa Schantz
15	Kassandra Trickel
16	Theresa Devine
16	Shelby Rus
17	Jennifer Brubaker
17	Melanie Mangan
17	Abigail McCormick
17	Courtney Mohr
17	Kelcie Wilkens
17	Cynthia Witherow
18	Heather Farrington
18	Kaylyn King
18	Xenia Ramos
18	Charity Wheat
19	Michelle Grevengoed
19	Lyndsay Hodapp
19	Cari Janssen
19	Debora Johnson
19	Katie Pfundstein
19	Shannon Phelan
20	Kaitlyn Dewey
20	Aaron Drey
20	Raquel Lilly
21	Marjorie Burlow
21	Peggy Carney
21	Chester Dela Cruz
21	Samantha Linkowski
21	Noah Niemann
21	Regina Superczynski
22	Taylor Ashley
22	Amber Guinn
22	Kaylie Hawbaker
22	Whitney Smith
22	Todd Whiles
23	Jamie Huggins
23	Angela Renkes
23	Matthew Tichler
24	Paige Geil
24	Katie Johns
24	Ashok Maini
24	Margaret Ruckman
24	Angela Sullivan
25	Barbara Brady
25	Richard Rodriguez
26	Lindsey Gray
26	Meagan Hoehn
26	Mary Lally
26	Denise Zink
27	Lynn Gallegos
27	Cally Hibbard
27	Jennifer Johnson
27	Michelle Nelsen
27	Starla Nye
28	Shauna Gipe
28	Sandra Reed
29	Susana Estrella
29	Amy Kutz
29	Shelly Meier
29	Jennifer Robers
29	Trisha Shuck
29	Tammy Tomman
29	Craig Vander Molen
29	Jennifer White
30	Kevin Anderson
30	Lisa Armstrong
30	Mariana Bermudes Martinez
30	Eyan Zubler
31	Jaziel Chavira
31	Sarah Therica Heeren
31	Kristina Koehler
31	Lindsay Melendrez
31	Elliott Mertes



# Fall Dementia Workshop

## Part 2 of a 3-part series

in partnership with the Alzheimer's Association

~~Sept. 1, Oct. 6, & Nov. 3~~

5:30pm at Bethel Reformed Church

230 E. 23rd St, Sterling, IL

Thursday, Oct. 6 ~ 5:30 pm

### Money Matters



#### Featuring:

Sam Meier,  
CGH Health Foundation trustee

**"Managing Money:  
A Caregiver's Guide to Finances"**

Hear from panelists from area agencies  
who have expertise in the following areas:

Legal and financial documents to consider, financial planning,  
investment review, costs of care, life and long-term care insurance,  
Medicare/Medicaid/Social Security, personal/business assets,  
veterans benefits, employee and retirement benefits,  
and caring for someone with dementia

Trained healthcare professionals will be available in a separate room  
to care for your loved one with dementia while you attend the workshop.

Box lunch will be available



Illinois Chapter

To register, visit [www.cghmc.com/DementiaWorkshop2](http://www.cghmc.com/DementiaWorkshop2)  
For more information, contact Joan Hermes, (815) 625-0400, ext. 5672