



# Communique

September 22, 2022

A CGH Medical Center Publication

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## 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!





## 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

CGH Medical Center **Chiropractic Care**

**CURTIS COYLE, D.C.**

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)



## 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

**LOGO APPAREL  
ONLINE STORE:**

Oct. 4th - 15th

*Featuring New Items!*

**Payroll Deduct &  
Credit Card Accepted**

**#SCRUBS**  
by **MPG**

1536 Ogden Avenue Downers Grove, IL  
639-969-9241

# BLOOD DRIVE

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

# 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*

**Memories Matter.**  
In Support of Dementia Awareness

**ALZHEIMER'S<sup>®</sup> ASSOCIATION**

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