



# Communique

July 15, 2021

A CGH Medical Center Publication

## In This Issue:

- CGH Helping Hands Daycare Receives ExceleRate Illinois Silver Circle of Quality Designation
- Lyndsay Hodapp, CNA Sunshine Award Winner
- Town Hall Meetings
- July Food Truck Schedule
- CGH Auxiliary Gift Shop Clearance Sale
- June Mini-Challenge Winners
- Eyan Zubler, Paramedic Safety Champion 2021
- CGH Auxiliary Shoe Sale
- Riding for the Foundation
- July Employee of the Month

## CGH Helping Hands Daycare Receives ExceleRate Illinois Silver Circle of Quality Designation

CGH Helping Hands Daycare has received the Silver Circle of Quality designation from ExceleRate Illinois, the state's new quality recognition and improvement system for early learning and development providers.



CGH Helping Hands Daycare staff is proud to receive the ExceleRate Illinois Silver Circle of Quality Designation.

"Every early learning and development provider who participates in ExceleRate Illinois makes quality a priority," said Cynthia L. Tate

Ph.D., Executive Director, Governor's Office of Early Childhood Development.

"The higher the designation, the higher the program's demonstrated quality and comprehensiveness in meeting children's early learning needs," she said.

"We are proud to receive the Silver Circle of Quality," said Mimi Hicks, CGH Helping Hands Daycare Director. "Providing quality in early learning and development will help our children be better prepared for success in school and in life."

ExceleRate Illinois helps families make more informed choices about their children's early learning. It establishes standards to help infants, toddlers and preschoolers develop intellectually, physically, socially and emotionally. Additionally, it provides a framework for early learning and development professionals to identify opportunities to enhance their knowledge and skills.

Research in science and brain development shows that children who are more meaningfully engaged in early learning experiences from infancy through the first five years of life are more likely to be successful in school and in life. With the right engagement, children can form a healthy foundation of neural pathways in the brain, which impact their ability to think, react, process and grow.

ExceleRate Illinois is a comprehensive system that includes Licensed Child Care Centers, Licensed Family Child Care, Preschool for All and Center-Based Prevention Initiative Programs, Head Start and Early Head Start Programs.

For more information or to find a Child Care Resource & Referral Agency in your area, visit: [www.ExceleRateIllinois.com](http://www.ExceleRateIllinois.com). ExceleRate Illinois is administered through INCCRRA under the joint direction of the Governor's Office of Early Childhood Development, the Illinois Department of Human Services, and the Illinois State Board of Education.

# Lyndsay Hodapp, CNA Sunshine Award Winner

**Lyndsay Hodapp, CNA, Float**, was recently recognized as a recipient of the Sunshine Award for extraordinary service given to a patient on CGH Medical Center's Medical Floor. The Sunshine Award was created to honor and recognize outstanding service and compassionate care by those in non-nursing roles, such as CNA's, CMA's, or CMT's.



Lyndsay Hodapp, CNA

Stephanie Waller, RN, Digestive Health Center, and Sunshine Award Coordinator, recently read the nomination as the award was presented: "We recently had a patient with dementia and a new hip fracture, and due to her diagnosis, was unable to remember her fall risk. From swabbing the patient's mouth to repositioning her numerous times to helping remind her of her fall risk, Lyndsay was very caring, helpful and patient with her the entire time."

Other nominees for the 2nd quarter included: Linda Baker, Matt Dingsus, Ashley Earl, Hailey Garcia, Grace McCullough, Presley Richardson, Dylan Scudder, Christy Settles, Kayhla Shomaker, Kassandra Trickle and Marjorie Wiley.

If you would like to submit a nomination for extraordinary service that you or a family member have received at CGH Medical Center by a staff member in a non-nursing role, please visit [www.cghmc.com/sunshine](http://www.cghmc.com/sunshine).

# TOWN HALL MEETINGS

## IN THE RYBERG AUDITORIUM

After a long hiatus due to COVID, Town Hall Meetings are back. Please join Dr. Steinke at a time that works for you:

**Monday, July 19 at 2 p.m.**  
**Tuesday, July 20 at 7:30 a.m.**  
**Wednesday, July 21 at 4 p.m.**  
**Thursday, July 22 at noon**

All Town Hall Meetings will be held in the Ryberg Auditorium. Because of COVID, seating will be limited and reservations are required. To sign up, please log into CGH-University, go to the Catalog Tab and select Town Hall Meetings 2021.

This will allow you to pick the session that works best for your schedule.

#### Topics Include:

CGH Financial Update • COVID Impact • Compensation Updates  
Union Discussion • Other (Questions you may have)

Hope to see you there!

## CGH AUXILIARY GIFT SHOP SEMI-ANNUAL CLEARANCE SALE!

**WEDNESDAY, JULY 21ST  
7 AM - 3 PM**

## ONE DAY ONLY!

**RYBERG AUDITORIUM  
CASH ONLY**



## JULY FOOD TRUCK SCHEDULE

JULY 7: **HOLLY'S HOT DOGS** • 11AM - 1:30PM

JULY 14: **BRITOS GRILL** • 11AM - 1PM

~~JULY 15: **KONA ICE** • 3PM - 6PM~~ *weather cancellation will be rescheduled*

JULY 21: **HERMANOS MUNOZ** • 11AM - 1PM

JULY 28: **FLO'S ON PULASKI** • 11AM - 2PM

Food trucks have a minimum sales requirement to visit a dedicated location, so please patronize our food trucks when they are here so they can continue to visit CGH regularly! Thank you!

# June Mini-Challenge Winners

The theme of **CGH Mini-Challenges** is to start small, stay simple, act consistently! Challenges that are uncomplicated and easy to achieve are more likely to be sustained. **YOU** will build confidence, mindfulness, and new behavior patterns that are beneficial to **YOUR** overall wellness!



The #4 Mini-Challenge for June was to eat a minimum of two fruit servings daily. A small, simple task, to be acted out consistently! So simple and YOU have the tools.

1 serving = 1 cup of fruit or one piece of whole fruit and can be fresh, frozen or canned. Fruit juice was not included in this challenge.

Why a fruit challenge? 'Tis the season for fruit's yummy freshness, and equally convincing, the USDA reports that fruits are loaded with nutrients that are integral to overall health and body maintenance and can help to reduce chronic disease and cancers.

Congratulations to two CGH teams who met the June 30-day mini challenge: **The Northerners** from **CGH Polo, Mt. Carroll and Milledgeville** and **Shavocado** from **Main Clinic Cardiology**.



**The Northerners (Polo)**

(L-R): Jennifer Bookman, Bethany Schmitt & Melissa Olalde



**The Northerners (Mt. Carroll)**

(L-R): Karri Kloepping, Shelly Christensen & Miranda Burke



**The Northerners (Milledgeville)**

(L-R): Emily Miller, Kara Robinson & Angela Stralow



**Shavocado (Cardiology)**

(L-R): Vanessa O'Connell, Jessica Lehrer & Nicole Dornes

# Eyan Zubler, Paramedic Safety Champion 2021

**Eyan Zubler** was nominated by his manager, Ryan Venema, as our first safety champion of the **2021 Working Safe is How We Roll** employee safety campaign. He started as a Paramedic with CGH on January 2, 2020.



Eyan Zubler

Eyan, as stated by his manager, "is by the book, always looking out for others, watching and paying attention to the details."

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

### **Why is safety at work important to you?**

Safety is important, because, if you aren't safe it puts many others at risk besides yourself. It puts your patients at risk, your coworkers, and even your family.

### **Is there a safety motto that you live by?**

Low frequency-High Risk, High Frequency-Low Risk. What this means is when we don't do something very often, we are more likely to cause harm to our self and others due to being out of practice or habit. Go through situations in your head and what you would do, and basically be continuously mentally conditioning yourself.

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

I keep patients safe by continuously preparing myself, and being willing to be humble and realize that it is ok to call for help. We don't need to be superman/ superwoman.

### **What is your top safety suggestion for others to consider?**

Always be situationally aware. Know your surroundings. Not only for trip hazards and fall hazards, but for safety from other people as well. Always leave yourself a way out of any situation, and be working on Plan B and C.

## Riding for the Foundation

This month **Nathan Ackert (Physical Therapy)** will be participating in Ragbrai (Register's Annual Great Bike Ride Across Iowa). In total this encompasses 481 miles over six days.



Nathan Ackert, DPT

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.

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

## AUXILIARY SHOE SALE

AUGUST 16 12 PM - 6 PM

AUGUST 17 7 AM - 3 PM

RYBERG AUDITORIUM

## EMPLOYEE OF THE MONTH

# SAMUEL COVARRUBIAS

CGH Fresh Café  
Cook/Dietary



## JULY 2021

### ABOUT ME

- **I live in:** Rock Falls
- **Joined CGH on:** February 10, 2020
- **Hobbies:** Cooking and traveling

### PROUDEST ACHIEVEMENT

Becoming a U.S. Citizen

### MY FAMILY

Girlfriend, Thalia; and son, Angel

Samuel is often seen at the grill working his "magic". He goes the extra step to ensure all of the food he prepares is specifically what the employee ordered. He will make suggestions when the person ordering is having trouble deciding on a food choice, and he often improvises some of the usual menu items - always with a great result! For example: Ham salad was not one of the menu selections, and the employee asked if it was available. Sam said, "I can make something similar, and I think you will be pleased". He improvised and came up with something even better! Sam has been seen taking his breaks, and while doing so, looks at recipe books. When you eat at the same place every day, it's easy to get bored with a menu, but Samuel adds his own unique style, and it fits the palate well.



Purpose, Worthwhile Work...  
*Making a Difference!*