



June 26, 2025

A CGH Medical Center Publication

Communique

VOLUNTEER AT PETUNIA FESTIVAL

Petunia Festival Volunteer Opportunities • Thursday, July 3–Sunday, July 6

As a Titanium sponsor for the upcoming Petunia Festival, including being a sponsor for the Main Stage and Fireworks, we have many volunteer openings. You will receive a CGH shirt to wear while volunteering, and a festival entrance ticket if you sign up online for a shift. **To sign up, please visit the volunteer sign up page at www.heartbeatcgh.com/volunteer and follow the prompts.**

If you are attending the Petunia Festival on your own, consider proudly wearing some CGH logo wear to represent us in Dixon! Thank you in advance for your help promoting our great hospital in all of our communities!

Reagan Run 5K • Saturday, July 5 • 8 am

We would love to have a great turn-out in Dixon for the Reagan Run. To sign up for the run, please visit the Heartbeat, and remember that we will reimburse up to \$20 per race, three times per fiscal year for your participation. Just fill out a check request with your run receipt in Workday and choose Marketing as the department to bill to. Contact Esther Salazar at ext. 4422 if you need help with the check request process.

Petunia Festival Parade • Sunday, July 6 • 1 pm

Show your CGH spirit and walk in the Petunia Festival parade with the CGH group. The parade begins at 1 pm but we will meet at our designated spot at 12 pm. **To sign up, please visit the volunteer sign up page at www.heartbeatcgh.com/volunteer.** Please include your T-shirt size. To guarantee a T-shirt, please sign up by 10 pm on Sunday, June 29. You will be notified via email next week regarding where we will be meeting. The parade theme is “Fun at the Beach”. Please email Beth Vandersnick or Erika Adams with questions regarding the parade. The CGH Health Foundation and CGH ambulance will also be participating.



**To volunteer for
Petunia Festival and
other upcoming events,
sign up at
[www.heartbeatcgh.com/
volunteer](http://www.heartbeatcgh.com/volunteer)**



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PATIENT EXPERIENCE

Patient feedback is vital because it represents the voices of the people we serve.

By actively listening to our patients through surveys, feedback, and day-to-day interactions, we gain valuable insight into their evolving needs. We recognize that our patients and our community expect not only high-quality care, but also clear communication, respect, compassion, and a sense of partnership. When patients feel heard, respected, and cared for as unique individuals, their satisfaction and their health outcomes improve. Our patients and our community are at the heart of everything we do, and it is all of you, our people, that make the difference!



The patient feedback below highlights how we strive to continue to meet the needs of our patients and our community.

"Thank you to the CGH Health Foundation for my annual screening mammogram. I live in Whiteside Country without health insurance. Healthcare, especially preventative services, are so important to me and our community. The registration process, friendliness of the volunteers, timeliness of my appointments, bathroom cleanliness, and the professionalism of the staff I encountered was excellent. I am grateful for the CGH Medical Center- Sterling Campus. Keep up the good work!"

"I'm confident in my care from CGH; every person I came in contact with was professional, listened carefully to any questions I had, and aided in my comfort or concerns. Grateful to have CGH as our hospital in this community, and I will continue to receive my medical care there."

"Dr. Tran and Aletta were amazing! This clinic is needed and very appreciated. They listened so well and were very kind. Highly recommend!"

"I love the lab at CGH Dixon Medical Center! I have started requesting my providers that are outside of CGH network to give me paper lab orders to have my blood drawn at the CGH Dixon Medical Center because they never miss! They always get my blood work done quickly and painlessly and the staff is always kind and personable as well. Will return again and again!"

"I felt the CGH staff were very kind and accommodating for anything I needed. I walked out after I was discharged and felt reinvigorated because of my experience. I have already told friends and family that I felt safe and to consider going to CGH for any medical needs. Thank You staff of CGH!"



Layni Lappin, CNA Surgical Unit

Fun facts about me:

I am the eldest daughter of three, and because of this I became glued to my Dad's hip growing up. He has taught me so much in my lifetime and I think I inherited his "handyman" skills, from changing tires to installing light fixtures, I can pretty much do it all.

My best career lesson:

Working in healthcare I am constantly reminded on how fragile our health is. I witness almost daily people going through hardships of being sick or injured. Whether it's exercising, taking time for self-care, or just getting enough rest, maintaining my health is crucial not only for my own happiness, but also for my ability to show up and do my job with energy and compassion every day.

Three words that describe me:

I would describe myself as caring, outgoing, and enthusiastic. I put forward these traits in my everyday life as well as at work. Being caring is the cornerstone of working in healthcare, my outgoing nature helps build connections with colleagues and patients. I also bring enthusiasm with everything that I do which helps create a positive environment and one that I enjoy working in.

When I am not working, I enjoy:

When I'm not at work I like to stay active by going to the gym and walking my dog. Being a college student, I also enjoy spending time with my family, especially my little sister, Presley. Having a good work-life balance is also very important to me, so I like to spend time with my group of friends as well as my boyfriend Kael.

What I like about my job:

What I love most about my job is that no two shifts are alike, this job is constantly keeping me on my toes, and I am always learning something new. Working in the hospital is such a fast-paced environment and every day is unique. I also find it incredibly rewarding to bond with patients and their families. Having the ability to put a smile on a patient or their family's face is one of the highlights of this job.

My job duties:

As a CNA on the Surgical Unit, my responsibilities range from assisting patients with their daily activities and providing hands-on care post-surgery. I work closely with nurses on the floor to make sure our patients are comfortable and on the road to recovery.

STUDENT VOLUNTEERS

CGH Auxiliary Summer Student Volunteers began working earlier this month. Some are working in the gift shop, while others are at the hospital front desk.

We will be introducing student volunteers throughout the summer in *Communique*.

Welcome to
CGH Medical Center!



Blair
Front Desk



Hope
Gift Shop



Jozlyn
Front Desk



Ruby
Gift Shop

40TH ANNUAL CHILD FAIR



Thank you to CGH Pre-Hospital Care/Ambulance, Sleep Medicine and Birthing Center staff for representing CGH at the 40th Annual Child Fair on Saturday, June 7 at Sauk Valley Community College. Pictured in the top photo from L-R are **Lisa Garcia** and **Natalie Gaulke**. Pictured in the bottom photo from L-R are **Jennie Seaberg**; **Rebecca Cady, MS, FNP**; **Dr. Brittany Monceaux**; **Elizabeth Detig** and **Ashleigh Kipping**.

COMMUNITY

Care & Connect Days

★ ★

Thank You to Our Patients!

Healthier Communities Are Growing All Around Us!

This summer, we're bringing the CGH community together with Care & Connect Days every Wednesday from 11:00 am to 12:30 pm.

As a thank you to our patients and community, we invite everyone to come enjoy a complimentary lunch, meet some of our amazing CGH team, and connect with others in the community!

- July 2, CGH Rock Falls Medical Center
- July 9, CGH Polo Medical Center
- July 16, CGH Prophetstown Medical Center
- July 23, CGH Downtown Medical Center/Ready Care
- July 30, CGH Dixon Medical Center
- August 6, CGH Milledgeville Medical Center
- August 13, CGH Morrison Medical Center
- August 29, CGH Main Clinic
- August 27, CGH Mt. Carroll Medical Center
- September 3, CGH Fulton Medical Center

In addition, we will be serving ice cream on Friday, August 1 at the CGH Vision Center during Hot Dog Days. Watch our CGH Facebook page for updates. Let's care, connect, and make this summer special - together!

FLORISSA FAMILY 5K



Our CGH staff had a fun day volunteering and participating in the Florissa Family 5K Run & Walk on Saturday, June 14 at Sauk Valley Community College. Pictured from L-R: **Lyn Tionsgson, CRNA** and **Concha Sitter, FPA-APRN, FNP-BC**. Thank you for representing CGH in the community!

JULY BIRTHDAYS

1 Susan Hageman	16 Abigail Coyle
1 Rebecca Klett	16 Tia Jusufi
1 Jose Sandoval	16 Zoe Morgan
2 Alisha Hubbard	16 Brenna Rieker
2 Grant Koerner	17 Roquelle Penafior
3 Emily Adee	18 Brandi Cooper
3 Hannah Eddinger	18 Lori Weed
3 Stephanie Ernst	19 Phong Dang
3 Heather Pair	19 Tedra Durden
4 Elizabeth Austin	19 Christopher Franz
4 Sarah Coffey	19 Kara Metzger
4 Elizabeth Foster	19 Kenneth Swanson
4 Alexander Torres	20 Kandice Denning
5 Lindsey Crow	20 Allison Hutchison
5 James DuBois	20 Lily Mullen
5 Clark Franks	21 Julie Steffes
5 Eric Gale	21 Senada Tefiku
5 Abby Goebig	23 Laurie Buckman
5 Jacqueline Greer	23 Leanne Crane
5 Jackie Greve	24 Paetyn Adams
5 Iyad Jundi	24 Shelia Hoiness
5 Julian Uresti	24 Wendy Love
5 Katelyn Yount	24 Shannon Schultz
6 Erin Buchholz	24 Amanda Thompson
6 Bria Cook	24 Julie Wardell
6 Kate Gillespie	25 Douglas Ackland
7 Genia Reitzel	25 Marcus Almasy
8 Natalie Cruse	25 Erica Mendez-
8 Chloe Hofilena	25 Martinez
8 Jaclynn Koch	25 Taylor Shaw
9 Selena Garza	25 Erika Smith
9 Emily Miller	25 Barbara Tieman
9 Emma Valdivia	25 Carlene Ward
9 Delaney Wetzell	26 Alhareth Alsayed
10 Vanessa Briseno	26 Candance Bousum
10 Tricia Cann	26 Beth Jacobs
10 James Hill	26 Angelica LeBarron
10 Shauna Kramer	26 Colin Wyckstandt
11 Brian Bender	27 Debra Knutti
11 Savannah Hulslander	27 Kristi Pierce
11 Jessica Morris	27 Nicole Pitts
12 Colleen Bonnell	27 Anita Schryver
12 Karrigan Brooks	27 Breah Sharp
12 Ronnie Clark	27 Lindsey St. Pier
12 Jennifer Cook	28 Cadence Albee
12 Curtis Coyle	28 Joan Capp
12 Cindy Kevern	28 Jessica Gonzalez
12 Sandra Watkins	28 Kelsie McKinzie
13 Peyton Burns	28 Kevin Rogers
13 Sandi Hay	29 Victoria Haag
13 Andrea Mallhi	29 Laurie Shipman
13 Karissa Shepard	29 Jeanette Shuman
14 Samantha Feather	29 Jacie Young
15 Kay Benavidez	30 Sheri Fetrow
15 Kristin Charleston	30 Ashley Frey
15 Sally Douglas	30 Julie Morse
15 Tammie Evans	30 Anthony South
15 Santos Garcia	31 Albert Nelson-
15 Sarah Gee	31 Santiago
15 Kassi Jackson	31 Edelia Rivera
15 Danica McBride	31 Victoria Simpson
15 Brittany Snyder	



NAMI Sauk Area 5K
National Alliance on Mental Illness

NAMI stands for National Alliance on Mental Illness.

NAMI Sauk Area's goal is to use the 5K fundraiser to assist our group in raising awareness of the support families need when dealing with a loved one or friend who is living with a mental illness.

All funds from this event go directly to services NAMI Sauk Area provides, including facilitating training for CIT officers, helping pay for Family 2 Family manuals, training for instructors in NAMI based programs, family support group meetings, Youth Mental Health First Aid classes and instructional brochures.

CONTACT: BETH VANDERSNICK to register for a CGHMC team

EXT. 4452 OR elizabeth.vandersnick@cghmc.com

Name Birthdate T-shirt Size Run/Walk?
(Registrations are included with our CGHMC sponsorship, so free to you!)



SATURDAY JULY 12, 2025 8:00 AM

RACE BEGINS AT WOODLAWN ARTS ACADEMY THROUGH SINISSIPPI PARK

WOODLAWN ROAD

STERLING, ILLINOIS

In Person Registration and Bib/Swag Pick-up

Friday, July 11th (4:00-6:00 p.m.), Sinnissippi Park (First Shelter) in Sterling

Saturday, July 12th (7:00-7:45 a.m.), Hoover Park Red Barn in Sterling

For more race information:

<https://namisaukarea.org/>



SPIRIT WEAR

Pop-Up Sale!

JUNE 23RD - JUNE 29TH

ONLINE SALE

STORE LINK WILL BE SENT OUT ON JUNE 23RD

ONLY Spirit Wear and Scrub Jackets Available

*NO TRY-ON EVENT FOR THIS SALE

SPONSORED BY CGH AUXILIARY