



# Communique

April 26, 2018

A CGH Medical Center Publication

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## YWCA Women of Achievement Luncheon

A record crowd showed its appreciation for distinguished women in seven award categories at the 36th annual YWCA Women of Achievement Luncheon held on Thursday, April 12 at the Dixon Elks Club.

Proceeds from the event help support the nonprofit's domestic violence and sexual assault programs, anti-bullying initiatives, diversity training, empowerment programs for girls, immigrant services and women's career services.

The Louise Bittorf Sullivan Award for most inspirational woman went to our very own **Meredith Johnson, MSN, APN, WHNP-BC**. Meredith has been a nurse practitioner in Obstetrics/Gynecology at CGH Main Clinic since 1994. The Louise Bittorf Sullivan Award honors women who are an inspiration to a broad range of people around them.



Meredith Johnson  
MSN, APN, WHNP-BC

### Excerpt from Meredith's nomination for the Louise Bittorf Sullivan Award:

*Tending her patients with knowledge and sensitivity, Nurse Practitioner Meredith Johnson, has been an inspiration as she guides women through the care of their own bodies, care of their bodies during pregnancy and after delivery, or through the changes that occur with aging. Well known for her gentle touch and humor in her work, Meredith goes out of her way to be attentive to every patient she sees. In addition to her clinical work, Meredith has followed her dream of opening her own florist business and gift shop, Blooms a Latte. The shop has also employed her caring and nurturing spirit. The nurturing also continues at home where Meredith and her family tend a farm that has been in the family for generations. Thank you, Meredith, for being an inspiring icon in our community!*

In addition, **Shirley Wolford, RN, MS, CEN, NE-BC**, was nominated for the Jane Reid Keefer Award for professions and education. The Jane Reid Keefer award recognizes women's career accomplishments in medical, legal, social services, teaching, and non-profit fields. Shirley is currently the Emergency Management Coordinator and has worked as a nurse at CGH Medical Center since 1971.

### Excerpt from Shirley's nomination for the Jane Reid Keefer Award:

*Our final nominee has worked at CGH Medical Center for 47 years! Throughout her career, Shirley Wolford has mentored hundreds of nurses and allied health professionals, all while exemplifying altruism, compassion and professionalism. She has been instrumental in planning and developing emergency services, including helping design and expand the Emergency Department two times. She has also led the Emergency Management program at CGH. Shirley is a known leader and expert in not only our community but the also the surrounding area for emergency preparedness. Thank you, Shirley, for using your expertise and passion to help our community.*



Shirley Wolford  
RN, MS, CEN, NE-BC

**Congratulations, Meredith and Shirley, for your amazing accomplishments both inside and outside of CGH!**

## Retirement Open House

After 34 years of service, Rajan Gopal, MD, CGH Medical Center Cardiologist will retire on May 4. Dr. Gopal moved to the Sterling and Rock Falls area in 1984, shortly after finishing Residency and Cardiology Fellowship in Chicago. He became the second Cardiologist on staff at CGH and has been working here ever since.

Dr. Gopal was instrumental in the development of our Cardio Lab resulting in the development of Cardiac Testing and our Cardiac Rehabilitation departments. His contributions to our community and to our facility have been numerous and valued.

"I feel blessed to have lived in this area," said Dr. Gopal, "and bring up our children along with my wife, Dr. Suman. The community is great and your patients become your friends and extended family."

Gopal also said that CGH is a great organization to work with. They strive for excellence in patient care and they always keep up with latest equipment and technology.

He says he is looking forward to traveling, spending time with family and friends and hopes to do volunteer work.

"We celebrate Dr. Gopal's accomplishments and are happy for him and Suman as they begin the next chapter in their life," said Alice Vetter, Director, Cardiac and Procedural Services. "We wish them both a long life, health, and much happiness."

**Thank you Dr. Gopal for many years of service to CGH and the Sterling Rock Falls Community.**



**DR. GOPAL**  
**RETIREMENT PARTY**  
**WEDNESDAY MAY 2ND • 2:00 - 4:00PM**  
**RYBERG AUDITORIUM**



## 2018 Child Fair

The 34th Annual Child Fair took place at Sauk Valley Community College on Saturday, April 21, 2018. The fair was held from 9 a.m. to noon and this year's theme was Western Roundup.

CGH wrestled in four booths among the 50 some cowboy exhibitors at Child Fair. The booths were in the West Mall Entrance and included CGH Helping Hands Daycare, CGH Pediatric Rehab, the CGH Birthing Center and Dr. Coyle (CGH Chiropractor). Each booth had fun giveaways and some had a prize drawing.

Over 500 children and their families attending Child Fair.

It is put together by the Community Education Department at Sauk Valley College but also includes, ABC AmeriCorps, Business Training and Career Services, CGH Medical Center and KSB Wellness.

Besides exhibitors the event featured a petting zoo, Once Upon a Dream characters, Car Seat Safety Check, Emergency Vehicles (including a CGH ambulance) and lots of giveaways.



*Pictured above are Kathy Milby and Lisa Gordon from the CGH Birthing Center.*



*Pictured above are Melissa Kroninger and Dr. Coyle from CGH Chiropractic.*

## Softball Tournament • May 5



CGH will be HOSTING the Illinois Valley Hospital Association softball tournament this year. CGH has participated for the past several years, and currently holds the champion title – 2 years in a row! This year's softball tournament will be played here in **Sterling at Westwood on Saturday, May 5** and will begin around **9 a.m.**

**Please come out and cheer the CGH Team on!** Team members include Cara

Phalen, Co-Captain (GI); Logan Miller, Co-Captain (IT); Amy Marcinkiewicz (Pharmacy); Jessica Benyo (Diabetes & Nutrition Center); Taylor Ryan (Internal Medicine); Emily Shearer (Surgical); Bethany Shearer (Medical); Jennifer Jimenez (Lab); Trevan Burn (PT); Brett Royer (Surgical); Geoff Wright (PT); and Dugan Repass (PT). Tournament helpers are Rod Miniell (Lab) and Sara Williams (Clinic Patient Financial Services).

# Laboratory Professionals Week

Medical Laboratory Professionals Week, April 22-28, 2018, is an annual celebration of the laboratory professionals and pathologists who play a vital role in every aspect of health care. Since they often work behind the scenes, few people know about the critical testing they perform every day. Lab Week is a time to honor the more than 300,000 medical laboratory professionals around the country who perform and interpret more than 10 billion laboratory tests in the US every year.



**Your work makes a difference in our patients' well-being and lives every day. Thank you!**

## Thank You

I would like to thank you for all for your prayers and well wishes during my cardiac bypass and carotid surgery. I would also like to thank you for the ETO that was donated to me. I am at a loss for words to express my gratitude. So simply Thank You and God Bless.

**Sue Turner**  
(Main Clinic Cardio)



Thank you to all my co-workers for all their support, hugs and words of kindness in the loss of my dad, William Williams. Thank you to Dr. Alikhan, Dianne Limesand, Dr. Blazquez, Dr. Gopal, Mark Moran and Lindsay Wohrley for the wonderful care and words of encouragement you always gave dad. And, thank you for the beautiful plant that was sent by the Caring Fund.

**Sandi Hay**  
(Main Clinic Coding)

## Graduation Announcements

Do you have a special graduate you would like to honor? We will again put together a special "Graduation Insert" in a June issue of *Communique* and are accepting graduation announcements.



Please submit the following to Nicole Bollman in Marketing:

- Name(s) of your graduates – again this year we will ONLY be listing **immediate family members** (self, spouse and children) from High School, college and beyond. We will not be listing preschool, kindergarten and eighth grade graduations due to space limitations.
- The name of the high school or college they are graduating from and with what degree (*if applicable*)
- The names of the graduate's parents, and what department you work in.

# Upcoming Foundation Events



## 2018 CGH HEALTH FOUNDATION ANNUAL APPEAL

The annual fabulous **CGH Health Foundation Silent Auction** is **FRIDAY, MAY 11** from **7 a.m. to 4 pm.** Don't forget to come down to the Ryberg, Classrooms 1 & 2 to check out our baskets!

Co-chairs are Mimi Hicks and Rod Miniel. We would still love more baskets donated! Please contact Mimi or Rod to let them know you want to help! We will also have a 50/50 Raffle. Raffle tickets are 1 for \$1 or 6 for \$5, with drawing to be held at 3:30 pm on Friday, May 11.

**Tuesday, May 8**, from **7 a.m. to 1 p.m.** is the annual Bake Sale, Dessert Auction just in time for Mother's Day! Come down to the Ryberg to grab a treat and place a bid on our Dessert Auction delights! Event co-chairs are Janice Repass and Kim Przysucha, Main Clinic GI. Contact these ladies ASAP if you would like to donate some goodies to this event.

Stop by the pledge table, make your annual gift. You could win a special gift just for making a pledge!

Remember to purchase a **Chicago Cubs Raffle Ticket!!** You could win a 4-pack of tickets to the home game at Wrigley Field against the Los Angeles Dodgers on **Wednesday, June 20 at 1:20 p.m.** Tickets are \$10 each. The winner will be drawn on Friday, June 1.



Mark your calendars for the **October 18** annual **Delicious Designs** event held at Deer Valley Country Club. More information will be coming!

## IMPORTANT REMINDERS

**Deadline for basket descriptions, value and picture to Amanda Blaine is Thursday, May 3 at noon.**

**Drop off Baskets in the Ryberg on Thursday, May 10, 8 a.m. to 10 a.m. or noon to 6 p.m.**

**Drop off Baked Goods/Dessert Auction items in Dietary after 1 p.m. on Monday, May 7.**

# May Birthdays

- |                        |                           |
|------------------------|---------------------------|
| 1 Brenda Cochran       | 15 Beverly Young          |
| 1 Trina Frieberg       | 17 Erika Brown            |
| 1 Dina Green           | 17 Diane Gaumer           |
| 1 Karra Hague          | 17 Ashley Knight          |
| 1 Cathy Hatten         | 17 Elizabeth Langan       |
| 1 Afrem Malki          | 17 Eric Schaffert         |
| 1 Jean Thomaschefskey  | 18 Tina Frank             |
| 2 Heather Babbitt      | 18 Jelena Runions         |
| 2 Melody Engel         | 19 Ashley Barton          |
| 2 Amy Lawson           | 19 Jackie Gonzales        |
| 2 Mary McCormick       | 19 Megan Hippen           |
| 2 Breann Moyer         | 19 Elizabeth Orr          |
| 2 Sarah Zigler         | 19 Kelly Pinkston         |
| 3 Theodore Harms       | 20 Paula Devers           |
| 3 Judy Hentges         | 20 Jodi Henson            |
| 3 Beth Howard          | 20 Rachel Little          |
| 3 Barbara Newlon       | 20 Douglas O'Connell      |
| 3 Jill Queckborner     | 20 Valerie Sigafus        |
| 3 Daryn Quinn          | 20 Rose Strader           |
| 3 Abigail Shields      | 21 Sandra Draper          |
| 4 Laura Long           | 21 Jessica Henderson      |
| 4 Kimberly Moses       | 21 Marcella               |
| 5 Aaron Stanley        | Sandoval-Herrera          |
| 5 Peter Toth           | 21 Ashley Scanlan         |
| 6 Shannon Kuepker      | 22 Terry Glenn            |
| 6 Karen Shipma         | 22 Denise Kramer          |
| 7 Brittany Dingley     | 22 Jillian Peabody        |
| 7 Kelly Gray           | 22 Brett Royer            |
| 7 Mia McDermott        | 22 Joshua Wade            |
| 7 Jeanne Roberson      | 23 Ariel Keomay           |
| 8 Nikita Ebersole      | 23 Jill Randall           |
| 8 Gaye Page            | 23 Roberto Sierra Sierra  |
| 9 Ashlyn Arduini       | 24 Joleen Cortez          |
| 10 Hillary Burks       | 24 Cathy Dane             |
| 10 Raygen Day          | 24 Erin Luckenbill        |
| 10 Juan Ibarra         | 24 Latisha Truitt-Tegeler |
| 11 Maria Chatic        | 25 Katie Decker           |
| 11 Dawn Hartman        | 26 Darryl Fringer         |
| 11 Kayla Romano        | 26 Brittany Johnson       |
| 11 Brittny Zemke       | 26 Kenneth Zuthoff        |
| 12 James Asumendi      | 27 Morgan Gauthier        |
| 12 Jeanne              | 27 Emma Heun              |
| Bonnell-Drennen        | 27 Nancy Lauritzen        |
| 12 Theodore Hegner     | 27 Michelle Lewis         |
| 12 Mayci Lee           | 28 Brenda Allen           |
| 12 Susan Ottens        | 28 Danielle Balsley       |
| 12 Jan VanDyke         | 28 Rogean Keime           |
| 12 Janae Veselko       | 28 Alyshia Malott         |
| 13 Abbigail Fargher    | 28 Landon Mouritsen       |
| 13 Heather Gould       | 29 Nicole Walls           |
| 13 Kathryn Harrison    | 30 Jennifer Behrens       |
| 13 Timothy Sadler      | 30 Keith Conklen          |
| 13 Jacquelyn Schroeder | 30 Rebecca Duis           |
| 13 J'Sondra Veracini   | 30 Juanita Garza          |
| 14 Parish Cheshire     | 30 Dana McCoy             |
| 14 Manorama Hermon     | 30 Daryl Reitzel          |
| 14 Deborah Kuehl       | 30 Laurie Zollinger       |
| 14 Donna Lamb          | 31 Dawn Berkeley          |
| 14 Vincent Racanelli   | 31 Matthew Cutter         |
| 14 Eric Thueson        | 31 Meredith Johnson       |
| 14 Frank Tugwell       | 31 Kayla Jones            |
| 14 Laura Vandermyde    | 31 Megan Paulsen          |
| 15 Debra Boehme        | 31 Jason Reter            |
| 15 David Brooks        | 31 Brenna Smoot           |
| 15 Ann Shaw            |                           |

## Hospital Happenings

### Town Hall Meetings

It's that time of year again! Dr. Steinke and the CGH Administration team will be holding Town Hall Meetings on **Monday, April 30 at 2:00 p.m.** and on **Wednesday, May 2 at 7:30 a.m.** in the Ryberg Auditorium. You can email questions to Dr. Steinke prior to the meetings; alternatively, there will be a basket at the doorway to the Ryberg that you can drop off questions at the start of the meeting or you can participate during in the meeting as well.

### Blood Pressure and Blood Sugar Screenings

Screenings are held on the first Thursday of the month (**May 3**) from **8 to 9:30 a.m.** in the CGH Main Clinic lobby; second Thursdays (**May 10**), from **11:30 a.m. to 1 p.m.** in the CGH Medical Center lobby; third Thursdays (**May 17**), from **3 to 4:30 p.m.** at County Market in Sterling; and third Fridays (**May 18**) at Westwood Fitness & Sports Center in Sterling.



## CGH AUXILIARY FUNDRAISER DISTINCTIVE GARDENS

FRIDAY

**MAY 4TH**  
**7am - 4pm**

**RYBERG AUDITORIUM**

←  
**HANGING BASKETS**  
**ANNUALS**  
**PERENNIALS**  
**CONTAINER GARDENS**  
**CASH, CREDIT/DEBIT &**  
**PAYROLL DEDUCT**

## Culture of Caring

*One Mission. One Vision. One Team.*



# LEADERSHIP