



Communique

September 13, 2018

A CGH Medical Center Publication

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CGH EMPLOYEE APPRECIATION WEEK

SEPTEMBER 17TH - 21ST

MONDAY

- **Employee Gift Handout (Ryberg)**
(6:30am - 9:00am • 11:30am - 1:30pm • 3:30pm - 5:00pm)

*Voting for Flags will take place on Monday during the handout event



TUESDAY

- **10+ yr. Anniversary Dinner**
(Invite Only) Location: Brandywine
Cocktails: 5:30pm - Dinner 6:00pm - followed by presentations.
Invitations have been sent to honorees and their managers for this event.



WEDNESDAY

- **Whole House Meal (outside weather permitting)**
AdCon and Managers will serve delicious food as a thank you to all staff!
Under the Tent in Parking Lot B (rain plan is in Ryberg)
Serving: Porkchop or Ribeye Sandwich, Cheesy Potatoes, Broccoli Salad, Fruit & Dessert!
3:00am - 4:30am • 11:15 am - 1:30pm • 5:00pm - 6:30pm



THURSDAY

- **Spirit Day**
(Whole house wears 2018 CGH T-shirt)



FRIDAY

- **Snack/Game Day (outside weather permitting) 12:30pm - 2:00pm**
Snacks are: Schwans Ice Cream Treats, Cliff's Donuts, and Fresh Popped Popcorn

Participate in or watch our VP's and Managers challenge employees in the following contests:

- 12:30pm - **Saltine Cracker Challenge**
- 12:45pm - **Paper Airplane Competition**
- 1:00pm - **Oreo Face Race**
- 1:15pm - **Hula Hoop Contest**
- 1:30pm - **Wing Challenge**

If you would like to participate in the contests please email, Patricia.O'Brien@cghmc.com with the events you'd like to participate in by Friday, September 14th.



Q1 Daisy Award Winner Brenda Pettorini



Pictured above in the front from left to right are Julie Morse, Brenda Pettorini, Kristie Geil, and Stephanie Waller. In the back are Cindy Zander, Shane Brown, Mary Jean Derreberry, and Stephen Gautschi from Chamberlain University College of Nursing.

On Friday, September 7, **Brenda Pettorini** (*Observation Unit*) received the Daisy Award for the 1st Quarter. Brenda has worked as a RN in the Observation Unit since March 2015.

The DAISY (Diseases Attacking the Immune System) Award is an international recognition program that honors and celebrates the skillful, compassionate care nurses provide every day. The DAISY Foundation was established by the family of J. Patrick Barnes after he died from complications of the auto-immune disease ITP in 1999. During his hospitalization, they deeply appreciated the care and compassion shown to Patrick and his entire family. When he died, they felt compelled to say "thank you" to nurses in a very public way.

CGH nurses of all levels - LPNs, RNs, advanced practice nurses and nurse practitioners - can be nominated for a DAISY award. Brochures have been placed in waiting rooms of all CGH facilities where patients are seen. In addition to brochures, a nurse can also be nominated online at www.cghmc.com/daisy.

Other DAISY nominees for the 1st quarter include the following: Kayla Bland, PA-C, Main Clinic Family Medicine; Elliott Mertes, RN, CCU; Mia McDermott, APN, NP-C, Main Clinic Oncology; Shelly Christensen, RN, Mt. Carroll; Ryan DeBrock, RN, DHC; Esther Whiles, LPN, Lynn Blvd; Katie Peterson, RN, Surgical Floor; Erika Adams, RN, Diagnostic Imaging; Patti Nice, RN, CCU; Renee Stach, RN, CCU; Micah McNeill, RN, Emergency Dept.; Billie Kaprelian, LPN, Main Clinic OB/GYN; Jamie Hay, RN, Main Clinic Orthopedics; and Rebecca Tieman, RN, CCU.

If you have any questions about the DAISY awards at CGH or if your department runs low on brochures, please contact Stephanie Waller by email or at ext. 4457 within the hospital.



IN MEMORY OF J. PATRICK BARNES



Thursday, October 18

Deer Valley Country Club • Doors open at 5 pm

Our **ALL NEW** Live and Silent Auctions

Featuring Chicago Bears tickets and memorabilia,

Grand Ole Opry tickets, gourmet dinner & more!

PLUS: Cork, Craft Beer & Spirits Pulls and Heavy Hors d'oeuvres

For more
information or
to purchase
tickets contact:

Mary Jean Derreberry
(815) 631-1457
mderre@cghmc.com

Mary Spitzer
(815) 441-2208
russell_spitzer_98@cghmc.com

Pat McLeod
(815) 631-5345
mcleod.07@cghmc.com

Joan Hermes
(815) 625-0400 Ext. 5672
joan.hermes@cghmc.com

Marcy Lawrence
(815) 716-0989
marcy@essent.com

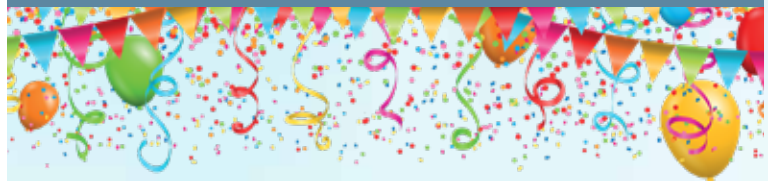
Nancy Lauritzen
(815) 441-1524
nancy.lauritzen@cghmc.com

\$30 per ticket • Order online at www.cghmc.com/tickets



Because You're Worth It

Congratulations!



Congratulations to **Connie Asher** (*Main Clinic Lab*) on her recent retirement. Connie worked for CGH for more than 20 years in the Main Clinic and Rock Falls Laboratories.

Best of Luck, Connie - you will be greatly missed!



Pictured from left to right are Dr. Paul Steinke, President & CEO; Shane Brown, Vice-President Physician Services; Connie Asher and Cheryl Baker, Laboratory Director.

Schedule Your Mammogram

Be aware that most breast cancers do not produce symptoms. Early detection is the best protection! Sock it to cancer by scheduling your mammogram!

Breast cancer is the second most common form of cancer in women. You can take control of your breast health by following a healthy lifestyle and by having regular clinical exams, mammograms, and self-exams.

Female employees that have their mammogram appointment during the month of October will receive a FREE pair of Live, Love, Hope cushioned ankle socks.

Call (815) 625-0400, ext 5550 to make an appointment!



PLANT BASED LUNCH



MEETS THE 4TH FRIDAY OF EVERY MONTH AT 11:30 A.M.
IN THE CGH RYBERG AUDITORIUM

WHOLE FOOD PLANT BASED LUNCH PROVIDED
BY CGH DIETARY DEPARTMENT

INCLUDES SHORT PROGRAM AND Q & A SESSION

COST IS \$5

RESERVATION REQUIRED. CONTACT SHERRY DEWALT, ACE CERTIFIED HEALTH COACH,
CGH HEALTHY LIFESTYLES COORDINATOR AT 815-625-0400, EXT. 5716
OR SHERRY.DEWALT@CGHMC.COM

CGH
Health Foundation
Your partner in good health

PULSE POWERED
WELCOME TO OUR POD!



NOTHING WILL BENEFIT HUMAN HEALTH AND INCREASE THE CHANCES FOR
SURVIVAL OF LIFE ON EARTH AS MUCH AS THE EVOLUTION TO A VEGETARIAN DIET.
- ALBERT EINSTEIN

September New Employees



Front Row (L - R): Mandie Kusk (LPN, Orthopedics); Angie Chavira (Medical Assistant, Dermatology); Angie McCoy (RN, Medical Floor)

Back Row (L - R): Leticia Barron (Medical Assistant, Family Medicine -Lynn Blvd); Shannon Phelan (HUC/CNA, ED); Kali Fetrow (Receptionist, Family Medicine-Morrison); Brittany Holocker (RN, Float-Clinic)



Front Row (L - R): Marla Houseman (RN, Surgical Floor); Lauren Pollom (CNA, Observation Unit)



Front Row (L - R): Marie Verkruysse (Medical Lab Assistant, Lab); Kasandra Plocker (Teacher, Day Care); Rashell Crump (Security, Per Mar)

Back Row (L - R): Colton Donahue (Security, Per Mar); Helen Bruni (Housekeeper I, EVS); Charlie Mighell (Food & Nutrition Assistant, Dietary)

SEPTEMBER 2018

Employee of the Month



Ann Cordell
RN, Medical Floor



I live in: Dixon

Joined CGH on: January 16, 2006

Education: Sauk Valley Community College ADN Program

Family: Husband, Chip; son, Andrew; daughter, Margaret

Proudest Achievement: Raising my family with my husband of 35 years

Hobbies: Spending time with my family and granddaughters

Anne is enthusiastic about her job and has the ability to motivate others. She just temporarily changed shifts to train a new charge nurse. She is a true team player. Watching her interact with patients is a joy; she truly loves being a nurse. We are blessed to have a person like her on Medical floor because she exemplifies our Mission: delivering exceptional patient care by combining outstanding skill with heartfelt compassion.

~ Sharon Schuldt

We congratulate her on being chosen September's Employee of the Month.

Purpose, Worthwhile Work, Making a Difference!

Hospital Happenings

Blood Pressure and Blood Sugar Screenings

Screenings are held on the first Thursday of the month (**October 4**) from **8 to 9:30 a.m.** in the CGH Main Clinic lobby; second Thursdays (**October 11**), from **11:30 a.m. to 1 p.m.** in the CGH Medical Center lobby; third Thursdays (**September 20, October 18**), from **3 to 4:30 p.m.** at County Market in Sterling; and third Fridays (**September 21, October 19**) at Westwood Fitness & Sports Center.



Red is the New Pink

Join us on **Wednesday, September 26** for our Growing Healthier Speaker Series, featuring **Jennifer Elde**, CGH Cardiology Nurse Practitioner at **6 p.m.** in the CGH Ryberg.

When it comes to the leading cause of death for women, heart disease beats breast cancer almost two to one. Learn about how you can recognize the signs of heart disease.



Jennifer Elde
APN-BC

Registration is appreciated but not required. For more information, call ext. 5716, or visit www.cghmc.com/growinghealthier.

United Way Chili Cook Off

The CGH team is looking for a few more volunteers for the upcoming United Way Chili Cook Off on Saturday, October 6. The event is held in downtown Sterling in the parking lot on the corner of East 4th Street and 1st Avenue and runs from 7 a.m. to early afternoon. If you are interested in helping, please contact Matt Reed at ext. 4357.



United Way Agency Fair

Join us to meet the agencies and learn about how the United Way helps our community on **Wednesday, October 17** from **7 a.m. to 1 p.m.** in the CGH Ryberg Auditorium. Breakfast and lunch will be served! Gifts will be given to new and current fair share givers, as well as gifts for all attendees.

**United
Way**

