



# Communique

January 5, 2017

A CGH Medical Center Publication

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**2017**  
Happy New Year

## Patient Navigators Support Patients

Today, patients who are diagnosed with serious illnesses face a complex healthcare system. The combination of uncertainty of a diagnosis combined with complicated care and treatment options can overwhelm patients and families. As care continues to grow more complex, CGH understands that patients need support beyond the typical bedside care and discharge planning.



That's why CGH implemented the acute care patient navigator program. The focus of these unit-based nurses is to guide patients and families through the complex medical system and help patients overcome the stress and uncertainties that arise during hospitalization.

"By providing support, guidance, and advocacy, our patient navigators serve as the bridge between the patient, family, or caregiver and the entire healthcare team," said Kristie Geil, CNO.

CGH patient navigators assess and recognize barriers for individual patients and implement strategies to eliminate them. Those barriers may include a need for additional education on medications, diagnosis, or treatment plans; linking patients to other healthcare team disciplines like social services or physical therapy; or discharge follow-up.

In the few short months of this program, we have seen improvement in patient experience and perception of readiness for discharge, nursing and physician communication, and understanding of medications.

## Meet Our CGH Medical Center Patient Navigators



**Shelly Belha**  
RN, Medical



**Marla Lund**  
RN, Medical



**Sara Stage**  
RN, Surgical



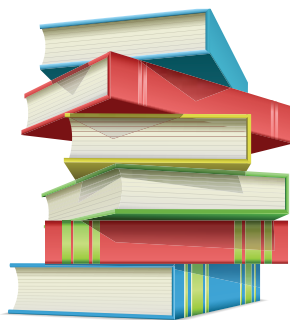
**Gina Superczynski**  
RN, CCU



**Jan VanDyke**  
RN, Medical

## Spring Delange Scholarship

Applications for the CGH Health Foundation James Delange Textbook Scholarship are due Friday, January 13 for the spring semester. Grants are awarded three times yearly, up to \$100. All full- and part-time CGHers are eligible as long as you have been here for at least a year.



Applications are available on Lifeline or by emailing Joan Hermes. Individuals can apply each semester, but can only receive funding once per year. Call Joan at ext. 5672 for more information.

## CGH Sprint Discount



All CGH Employees now have access to the Sprint Employee discount.

Sprint offers a 23% discount off eligible date plans and \$5 off each on the new unlimited freedom plans.

You will need to request Corporate ID HPRM3\_CGH\_ZZZ and be able to validate employment. Call Sprint Sales at 866-639-8354 or visit a local Sprint Store: [sprint.com/storelocator](http://sprint.com/storelocator).

## Growing Healthier Speaker Series

*Dialogue that Makes a Difference*

### No More Diets

Wednesday, January 25 at 6 p.m.

CGH Ryberg Auditorium



Presented by  
**Sherry DeWalt,**  
ACE Certified Health Coach &  
**Bryan Frederick,**  
Exercise Physiologist

Registration appreciated but not required.

To register, visit

[www.cghmc.com/growinghealthier](http://www.cghmc.com/growinghealthier)  
or call (815) 625-0400 ext. 4913

for more information.

Enjoy refreshments and giveaways!



Give Blood, Give Life, Be a Hero!

## CGH MEDICAL CENTER & AMERICAN RED CROSS BLOOD DRIVES

The Blood Drives are held at CGH Medical Center in the Ryberg Auditorium

# 2017

**February 2**

**April 6**

**June 1**

**August 3**

**October 5**

**December 7**

*All Blood Drives are from 9 a.m.-8 p.m.*



Appointments are appreciated. Walk-ins are welcome.

To make an appointment, call Michelle at

(815) 625-4790 ext. 6879 Or Call Connie at (815) 625-0400 ext. 5425  
or call 1-800-RED CROSS (733-2767)

Schedule online at [www.redcrossblood.org](http://www.redcrossblood.org)

## 2017 Clinic Holiday Schedule

### Clinics:

Good Friday, April 14	8 a.m. – Noon
Tuesday, July 4	Closed
Thanksgiving, November 23	Closed
Friday November 24	8 a.m. – Noon
Christmas, Monday, December 25	Closed
New Years Day, Monday, January 1	Closed

### Ready Care:

Good Friday, April 14	8 a.m. – 3 p.m.
Saturday, April 15	9 a.m. – 2 p.m.
Easter, Sunday, April 16	Closed
Monday, July 3	8 a.m. – 3 p.m.
Tuesday, July 4	Closed
Thanksgiving, November 23	Closed
Friday, November 24	8 a.m. – 3 p.m.
Christmas Eve, Sunday December 24	Normal hours
Christmas, Monday, December 25	Closed

# CGH Polo Medical Center Introduces Women's Health



**CGH Polo Medical Center is now offering Women's Health with Sara Smith, APN, CNP. Sara is a board certified Women's Health Nurse Practitioner.**

Sara has been a nurse for 20 years and has worked as a nurse practitioner for the past 14 years at Highland Women's Care-Monroe Clinic in Freeport, Illinois. She received her MSN and BSN from the University of Illinois at Chicago. Sara is a member of the Association of Women's Health, Obstetrics, and Neonatal Nurses, the National Association of Women's Health Nurse Practitioners and the Association of Reproductive Health Professionals.

Sara will see patients in her office at CGH Polo Medical Center at 711 South Division Street. To make an appointment, please call 815-632-5290.

**Welcome to CGH Medical Center, Sara!**

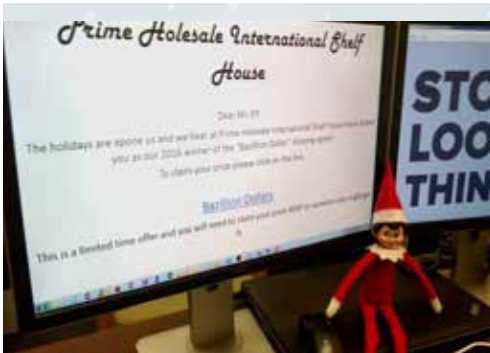


**In addition, Keith Martin, MD, FACOG is now also seeing patients at the Polo office on Wednesday's. Dr. Martin specializes in Gynecology.**

Dr. Martin received his MD from UHS/Chicago Medical School and his undergraduate degree from St. Norbert College in De Pere, Wisconsin. He completed an Obstetrics/Gynecology residency at Oakwood Hospital in Dearborn Michigan.

He is a Master Robotic Surgeon in Gynecology, and has served in various leadership positions. He has taught at the University of Wisconsin Medical School and UHS/Chicago Medical School. In addition, Dr. Martin is a fellow of the American Congress of Obstetricians and Gynecologists.

To make an appointment with Dr. Martin, please call 815-632-5290.



**"Have you been Naughty or Nice? Stop, Look and Think or you'll get coal for Christmas!"  
IT Department**



**Thank you to all the CGHers who participated in our 2016 CGH Elf-Capades! We received more submissions than we were able to post on Facebook, so we've included some here for your viewing pleasure. (Look for more pictures on the next page.)**



**Candycane enjoying a pancake in Dietary!**



**Candycane helps EVS keep patient rooms clean during the holiday season.**



**"I hate it when I'm off by a penny!"  
Garland, Main Clinic Business Office**

# JANUARY 2017

## Employee of the Month



**Margie DeGolyer**  
Financial Counselor, Patient Access



I live in: Sterling  
Joined CGH on: July 6, 2005  
Education: Sauk Valley Community College  
Family: Husband, Tim; daughter, Jena; sons, Tim Jr. and Dylan; and granddaughter, Lily  
Proudest Achievement: This is a work in progress, my personal goal is retirement some day!  
Hobbies: Spending time with my family is my all time favorite thing to do. I also enjoy searching Pinterest and doing my own DIY projects.

Margie is extremely easy to work with. She is efficient, knowledgeable and professional when assisting our patients' financial needs. Her communication with our case management and social services department is exceptional. Margie is an asset to us, our patients and this entire organization.

~ Case Management and Social Services

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

*Purpose, Worthwhile Work, Making a Difference!*



*"The gift of a Mother Elf's milk."  
OB Department*



*Candycane was amazed by the amount of work technicians do behind the scenes in the Laboratory.*



*This looked fun to Candycane who just had to take a little spin for herself in the Laboratory.*



*Candycane is falling head over heels for our new totes. Materials Management goes above and beyond every day to ensure our patients/ staff get their supplies needed in a timely matter.*



*Candycane got lost and went to the wrong department! Pediatrics is under construction. Come visit us in Observation.*