



# Communique

April 27, 2017

A CGH Medical Center Publication

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## Introducing CGH Heartbeat

CGH recently introduced a new, internal communication tool called the "CGH Heartbeat – Your Daily Dose of News & Numbers." This mini-website has daily updates and some parts of the current Communique, so you may see a shortened Communique newsletter in the future.

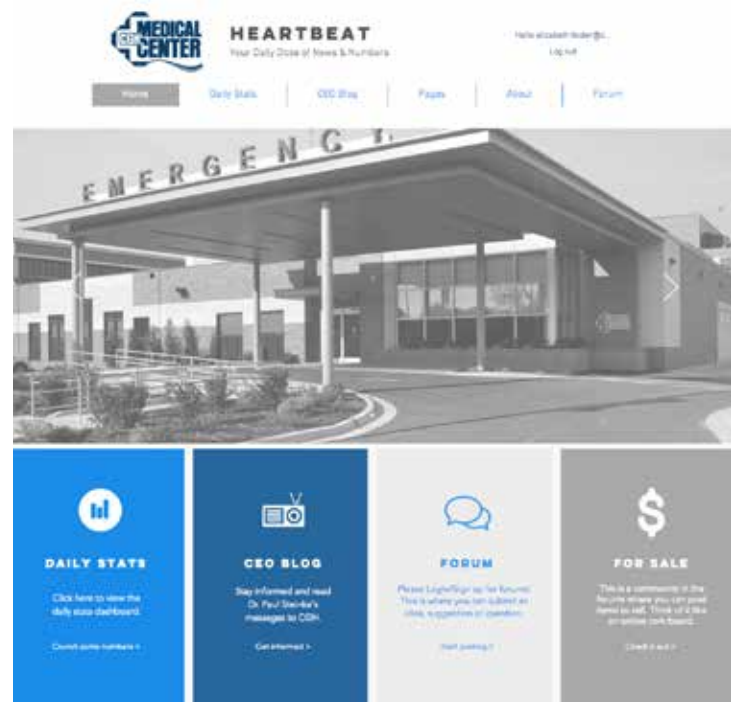
Two great organizations came together when the Sterling Rock Falls Clinic merged with CGH Medical Center in 2011. Virtually overnight, what had been two relatively small, tightly-knit organizations, has become today a much larger organization of about 1500 employees. As we continue to do great things together, we don't want to lose that closeness and family feeling. This is the primary purpose of a daily website. The hope is to emphasize and share our collective activities and better understand and know what's going on throughout the organization and bring us greater unity.

Just click on CGH Heartbeat daily through the weblink or through the link on LIFELINE to get a snapshot of our daily stats, birthdays, on-call schedules, and many other quick pieces of information to better communicate throughout CGH.

### There are four sections – each with a different purpose:

1. The **"Daily Stats"** section will show statistics such as our hospital census, Ready Care appointments, clinic appointments, lab visits, ER visits, number of babies born, ambulance runs, and other statistics. The purpose is to gain a better understanding of the work we are collectively doing. It may help give us better empathy towards each other when a particular area has seen heavy volumes. Hopefully, this will result in a heightened level of kindness and compassion toward each other.  
*(Stats are only accessible internally, since the numbers link from Cerner. If you are outside the organization, you may access the site but daily stats will not appear.)*
2. The **"Blog"** section will be a venue for Dr. Steinke to share stories about CGH and topics pertinent to medicine in general.
3. The **"Forum"** section is like a community bulletin board to send messages, ask questions, communicate between co-workers and departments. It's a great place to call out acts of kindness or recognize when people have done an especially great job.
4. The **"For Sale"** section is sort of like the classified section of a newspaper or a cork board to post notices of things that are for sale or those seeking to buy. It can also be a way to post general announcements.

**Please note that to view the "Daily Stats" and "Bog" sections you do not need to log in. If you would like to visit the For Sale section or post and see comments, please follow the prompts to register for a log in. <https://www.heartbeatcg.com>**



# Culture of Caring

One Mission. One Vision. One Team.



## EMPATHY

**Leaders continue to round on all of the areas of our organization. They want to talk with you about what empathy looks like in your role. This is your time to share your perspective with them!**

## Art Gallery Opening

The next show at our healing art gallery, "Spirit of the Heart" will begin on **Tuesday, May 16** at **6 p.m.** in the Main Clinic Atrium. The show will feature student artwork from Woodlawn Arts Academy.

Hors d'oeuvres and sparkling beverages will be served. Parents, teachers and artists will be present, and employees, patients and community members are welcome.



## DeLange Textbook Scholarship

**Applications for the CGH Health Foundation James DeLange Textbook Scholarship for the SUMMER semester are due Friday, May 12.**

Grants are awarded three times yearly, up to \$300. All full- and part-time CGHers are eligible as long as you have been here for at least a year. The application is on Lifeline under CGH Health Foundation Scholarships 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.



## Tampico and Walnut Open Houses

Earlier this year we relaunched the CGH Tampico and Walnut Medical Centers. Both locations now offer expanded hours and are staffed full-time by Toni Ikens, APN, FNP-BC in Tampico and by Missi Armstrong, APN, FNP-BC in Walnut. CGH Tampico and Walnut are two of 16 clinics in the rural CGH service area providing quality care to our outlying communities.



Toni Ikens, APN, FNP-BC  
CGH Tampico

### Tampico Open House

On **Thursday, May 4** we will be hosting a grand reopening and open house for the clinic from **4 to 6 p.m.**

### Walnut Open House

On **Wednesday, May 10** we will be hosting a grand reopening and open house for the clinic from **4 to 6 p.m.**



Missi Armstrong, APN, FNP-BC  
CGH Walnut

Employees and members of the public are invited to enjoy refreshments while touring the Tampico and Walnut facilities. In addition, both locations have newly expanded hours. The new hours are Monday through Friday, 8 a.m. to 5 p.m., and Friday, 8 a.m. to noon.

## National Lab Week



National Medical Laboratory Professionals Week is an annual celebration of the medical laboratory professionals and pathologists who play a vital role in every aspect of health care. It takes place this year April 23 to 29.

This is an opportunity to inform and educate medical colleagues and the public about the medical laboratory and the impact of having these dedicated skilled professionals has on the overall patient care. Lab techs often work behind the scenes, providing valuable medical information to providers, aiding in patient diagnosis, care and follow-up monitoring. Our entire team of phlebotomists, secretaries, lab assistants, technologists and pathologists make this possible.

To learn more about what our CGH lab does on a daily basis, view the video at the following link:  
<https://youtu.be/GR9mFN4dD4Y>

# Foundation Upcoming Events



## Silent Auction • May 9

The annual fabulous CGH Health Foundation Silent Auction is **Tuesday, May 9** from **7 a.m. to 3:30 p.m.** Don't forget to come down to the Ryberg, Classrooms 1 and 2 to check out our baskets! Co-chairs are Mimi Hicks and Laurie Wetzell.

We will also have a 50/50 Raffle and T-Shirt Sale. Raffle tickets are 1 for \$1 or 6 for \$5, with drawing to be held at 1 p.m. on May

12. T-shirts are \$15 each for crew neck and \$17 each for v-neck. All sizes are available.

## Bake Sale, Dessert Auction & Flower Sale • May 12

The annual Bake Sale, Dessert Auction and Flower Sale, is **Friday, May 12**, from **7 a.m. to 1 p.m.**, 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!

New this year! HTP table at the Bake Sale! Come check out our selection of healthier treats.

Event co-chairs are Janice Repass and Taylor Ryan, 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. We will have a special gift for all old and new donors. 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 San Diego Padres on Monday, June 19 at 7:05 p.m. Tickets are \$10 each. The winner will be drawn on May 12 at 1 pm at the end of our Bake Sale and Dessert Auction.

## Vendor Sale • September 15

Save the date of Friday, September 15 for the fourth annual Vendor Show. This fun event will run from 7 a.m. to 3:30 p.m. in the Ryberg and classrooms.

Exhibitors should reserve their spots now! Booth placement will be determined as deposit comes in! The registration fee is \$30, plus a gift basket valued at a minimum of \$25. Let co-chairs Nicole Bollman, Marketing, and Kim Hammer, Professional Building, know if you are interested in reserving a booth. We are taking reservations from CGHers only through June 1. After that date, registration will be opened up to last year's participants and then the public.

## "Pearls, Petals and Pink" Delicious Designs • Oct. 12

Mark your calendars for the Oct. 12 "Pearls, Petals and Pink" Delicious Designs event held at Deer Valley Country Club. More information will be coming!

## Hey CGHers! Check out these Silent Auction baskets that you could win!

Handmade Gaming Bench (pictured right) complete with board games. Valued at \$250 and donated by Cayla Wolbert, Lab, and Jennifer Holloway.



Backyard BBQ, featuring on-site catering by Triple P for 10 – 20 people, a fire pit, bar cart and hand-painted wine glasses and beer steins. Valued at \$600 and sponsored by the Lab Dept.

Night Out basket, featuring a BOC purse, artisan glass charm bracelet and earrings, gift cards to Applebees, AMC theaters and BP gas stations. Valued at \$243 and sponsored by Concha Sitter, GI. A perfect gift for Mother's Day!



There is truly something for everyone, all price ranges, including, a Sundae Basket, Pamper Basket, Troll Basket (pictured left), Salsa Basket, a handmade quilt, afghan and much, much more!

## Important Reminders:

- Deadline for basket descriptions and value to Amanda Blaine is Thursday, May 4 at noon.
- Drop off Baskets in Classroom 2 on Monday, May 8, 7 a.m. to 9 a.m., 11 a.m. to 1 p.m. or 2:30 to 6 p.m.
- Drop off Baked Goods/Dessert Auction items in Dietary after 1 p.m. on Thursday, May 11.

## Blue Sky Healthcare Scholarship

**Deadline for the \$3,000 Blue Sky Healthcare Education Scholarship, sponsored by the CGH Health Foundation, is Friday, April 28 at 5 p.m.**

The grant was created in 2011 by a local family to benefit CGH Medical Center employees and their children. One scholarship is given out each year and it is renewable. Full- and part-time students may apply. The application can be found on Lifeline under CGH Health Foundation, Scholarship Forms. Email Joan Hermes or call her at ext. 5672 if you have any questions.

# May Birthdays

- |                        |                           |
|------------------------|---------------------------|
| 1 Brenda Cochran       | 14 Laura Vandermyde       |
| 1 Trina Frieberg       | 15 Debra Boehme           |
| 1 Dina Green           | 15 Ann Shaw               |
| 1 Karra Hague          | 15 Beverly Young          |
| 1 Cathy Hatten         | 17 Erika Brown            |
| 1 Afrem Malki          | 17 Diane Gaumer           |
| 1 Jean Thomaschefskey  | 17 Ashley Knight          |
| 2 Heather Babbitt      | 17 Eric Schaffert         |
| 2 Melody Engel         | 18 Tina Frank             |
| 2 Amy Lawson           | 18 Jelena Runions         |
| 2 Mary McCormick       | 19 Ashley Barton          |
| 2 Breann Moyer         | 19 Jackie Gonzales        |
| 2 Dacia Nelson         | 19 Megan Hippen           |
| 2 Sarah Zigler         | 19 Heather Hulstrom       |
| 3 Theodore Harms       | 19 Elizabeth Orr          |
| 3 Judy Hentges         | 19 Kelly Pinkston         |
| 3 Beth Howard          | 20 Paula Devers           |
| 3 Kathryn McKenna      | 20 Jodi Henson            |
| 3 Barbara Newlon       | 20 Rachel Little          |
| 3 Jill Queckborner     | 20 Douglas O'Connell      |
| 3 Daryn Quinn          | 20 Valerie Sigafus        |
| 3 Abigail Thomas       | 20 Rose Strader           |
| 4 Laura Long           | 21 Sandra Draper          |
| 4 Kimberly Sari        | 21 Jessica Henderson      |
| 5 Payton Harris        | 21 Marcella               |
| 5 Peter Toth           | Sandoval-Herrera          |
| 5 Mikaela Trudeau      | 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 Keomany          |
| 8 Emily Carroll        | 23 Jill Randall           |
| 8 Stacy Fell           | 23 Roberto Sierra         |
| 8 Nikita Nash          | 24 Joleen Cortez          |
| 8 Gaye Page            | 24 Cathy Dane             |
| 8 Amy Sullivan         | 24 Rebecca Gomez          |
| 9 Ashlyn Arduini       | 24 Erin Luckenbill        |
| 9 Kaitlin Byvick       | 24 Latisha Truitt-Tegeler |
| 10 Hillary Burks       | 25 Katie Decker           |
| 10 Juan Ibarra         | 26 Darryl Fringer         |
| 11 Maria Luz Chaticc   | 26 Brittany Johnson       |
| 11 Dawn Hartman        | 26 Kenneth Zuthoff        |
| 11 Shaylyn O'Laughlin  | 27 Morgan Gauthier        |
| 11 Kayla Romano        | 27 Nancy Lauritzen        |
| 11 Brittney Zemke      | 27 Michelle Lewis         |
| 12 James Asumendi      | 28 Brenda Allen           |
| 12 Jeanne              | 28 Danielle Balsley       |
| Bonnell-Drennen        | 28 Brandon Dennis         |
| 12 Kristine Dilger     | 28 Rogean Keime           |
| 12 Theodore Hegner     | 28 Alyshia Malott         |
| 12 Mayci Lee           | 28 Karen Merrill          |
| 12 Susan Offens        | 29 Nicole Walls           |
| 12 Alex Shaw           | 30 Jennifer Behrens       |
| 12 Jan VanDyke         | 30 Keith Conklen          |
| 13 Abbigail Fargher    | 30 Rebecca Duis           |
| 13 Heather Gould       | 30 Juanita Garza          |
| 13 Kathryn Harrison    | 30 Dana McCoy             |
| 13 Timothy Sadler      | 30 Daryl Reitzel          |
| 13 Jacquelyn Schroeder | 30 Laurie Zollinger       |
| 13 J'Sondra Veracini   | 31 Dawn Berkeley          |
| 14 Parish Cheshire     | 31 Matthew Cutter         |
| 14 Manorama Hermon     | 31 Meredith Johnson       |
| 14 Deborah Kuehl       | 31 Kayla Jones            |
| 14 Donna Lamb          | 31 Jason Reter            |
| 14 Eric Thueson        | 31 Brenna Smoot           |
| 14 Frank Tugwell       |                           |

## Hospital Happenings

### F17 Annual Mandatory Education

All mandatory education/training is due April 30, 2017. In addition to the FY2017 mandatory education, all employees are required to maintain current CPR certification. The Computer Training Lab will be open on **Friday, April 28** from **7 to 10 a.m.** and **2 to 3:30 p.m.**



### Town Meetings

It's that time of year again! Dr. Steinke and the CGH Administration team will be holding Town Hall Meetings on **Friday, April 28** at **7:30 a.m.** and on **Monday, May 1** at **5:30 p.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.

### Distinctive Gardens Spring Plant Sale

CGH Auxiliary will be hosting a Distinctive Gardens Spring Plant Sale on **Friday, May 5** from **7:00 a.m. to 4:00 p.m.** in the Ryberg Auditorium. Stop by for a great collection of hanging baskets, annuals, perennials and container gardens. Cash, credit, personal checks and payroll deduction (with your badge) will be accepted.



### Scrub Exchange

Please note that a Scrub Exchange has been added to the new CGH Heartbeat website in the "Forum" section. This is a venue for selling used scrubs between CGHers.



Growing Healthier  
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Dialogue that  
Makes a Difference

**Series**

MAY



**Can You Hear Me Now?**  
**Wednesday, May 3**  
**6:00 p.m.**

CGH Ryberg Auditorium  
100 E. LeFevre Road, Sterling

Presented by: **Laurie Zollinger, AuD, FAAA**  
CGH Audiologist

**Enjoy refreshments and giveaways!**

Registration appreciated but not required.

To register, visit [www.cghmc.com/growinghealthier](http://www.cghmc.com/growinghealthier)  
or call (815) 625-0400 ext. 5716  
for more information.



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a \$100 gift card!  
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