



Communique

May 25, 2017

A CGH Medical Center Publication

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CGH Updates Security Measures

At CGH Medical Center, the safety and well-being of our patients, visitors and staff is our highest priority. Dr. Paul Steinke, CEO said, "We are your community hospital, and it is our obligation to keep our patients, staff and visitors safe at all times. Due to our exponential growth over the years, and the increased violence and security incidents occurring nation-wide, CGH is implementing several new and important steps to help protect our facility. It is our top priority to keep our patients safe and secure during their stay with us."



When a patient is recovering from an illness or injury, it is very important to have rest for a successful recuperation. It is also very important for caregivers to have proper rest to help care for their loved one. This is another one of the reasons CGH Medical Center will begin strongly enforcing our current visitor hours. Beginning June 1, no visitors will be allowed onto the floors after 8 p.m. without prior arrangements. All departments and patient units will be locked down from 8 p.m. to 6 a.m., and a video screening process will be in place for special entry to these departments after-hours. If you have a special circumstance that requires a pre-arranged to visit after 8 p.m., you will still enter and check in through the Emergency Department. If you wish to stay overnight with a family member, you will need to make advanced arrangements, and be settled into the patient's room by 8 p.m. and until 6 a.m. CGH is happy to help make these accommodations for you, and encourages you to spend the night with your loved one if you wish to do so.

The new visitor rules and electronic locks to control access to our patient care units enhance the current security measures that are already in place at CGH. These include, uniformed security officers, comprehensive video surveillance in public areas, staff education and training on policy enforcement. For areas that are locked down at 8 p.m., there will be new video intercoms in place at the unit entrances. All of the security measures at CGH will not only protect our patients and aid in their recovery process, but will also protect our staff and visitors by minimizing disruptions of people coming and going throughout the night.

We appreciate the understanding and support of our communities. Together, we can create a safe and secure environment to allow our patients to better rest and heal, and allow us to continue to deliver top quality care while in our hospital. Thank you for your cooperation and support!



**Next Issue:
2017 Graduates
Summer Scholars**



Culture of Caring

One Mission. One Vision. One Team.

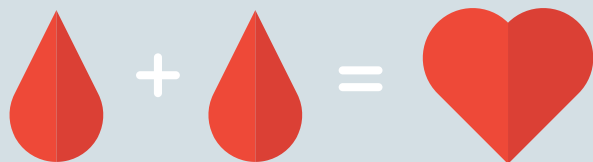
COMMUNICATION

To listen well, you may have to restrain yourself from disagreeing or giving advice or talking about your own experience. Temporarily at least, listening is a one sided relationship.

**- Michael Nichols,
The Lost Art of Listening**

Do we listen to understand and not to just 'fix it?'

When listening to someone with whom we previously had a less than pleasant interaction, are we assuming positive intentions or is our mind already made up that they have an agenda?



Give Blood, Give Life, Be a Hero!

BLOOD DRIVE

Thursday, June 1, 2017

9 a.m. to 8 p.m. | CGH Ryberg Auditorium

(100 E. LeFevre Road, Sterling)

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)**

or schedule online at www.redcrossblood.org



Main Squeeze will provide a **\$1 OFF** coupon for donors!

You can save up to 15 minutes when you donate blood by using RapidPass!
Visit redcrossblood.org/RapidPass for more information.

National EMS Week



CGH is pleased to celebrate National EMS Week (May 21-27) to honor the hard work and dedication of its EMS employees. EMS Week is celebrated nationally each year since it was first established in 1974 when President Ford authorized EMS Week to recognize EMS providers and the work they do.

CGH EMS are the professionals who provide emergency care on the way to the hospital. There are over 40 highly trained EMS professionals ready to assist 24 hours a day, 365 days a year. As soon as a 911 call comes through, the qualified staff rushes to location to perform emergency care services.

"EMS professionals at CGH Medical Center provide compassionate and dedicated service to our communities," said Ryan Venema, Director of Pre-Hospital Services. "Please join us in celebrating the recognition of the CGH EMS Department and their commitment to serving others."

CGH Medical Center joins others across the nation in the celebration with planned activities and events during National EMS Week. The 2017 theme, Always in Service, celebrates the men and women of EMS. The theme was announced by EMS STRONG, an annual campaign designed to unite and inspire emergency medical services (EMS) personnel, strengthen the profession on a national level, and expand and celebrate National EMS Week.

We take this opportunity to thank all of the EMS professionals here at CGH Medical Center for their continued dedication and hard work.

Regional Disaster Exercise



CGH Medical Center will be participating in a regional disaster exercise on June 1 from approximately 8:00 a.m. to noon.

This exercise will focus on a Novel Virus event and involve the presentation of some

"paper" patients to simulate real patients. Thirty hospitals, Health Departments, and other agencies in Northwest Illinois Region 1 will be participating.

Graduation Announcements



Do you have a special graduate you would like to honor? We will again put together a special "Graduation Insert" into the June 8 issue 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.

CGH Health Foundation Awards Scholarships

Eleven individuals will receive \$21,500 in healthcare/nursing scholarships this year from the CGH Health Foundation. The majority selected are fellow CGH staffers.

They include: Sherilyn Winstead, CCU, \$3,000 Althea Larson Nursing Scholarship; Brandy Rumpf, Observ. Unit, \$3,000 Althea Larson Nursing Scholarship; Raquel Romano, Medical Floor, \$1,000 Edgar and Florence Hall Nursing Scholarship; Brenna Smoot, Medical Floor, \$1,000 Dr. Ralph and Katherine Redmond Nursing Scholarship; Mia Gustafson, Lynn Boulevard, \$2,000 Ed Andersen Healthcare Scholarship; Meaghan Balsley, Rheum., \$1,500 Ron Smeltzer Nursing Scholarship; Lindsey Inskip, Float, \$1,000 Marrietta Lilly Healthcare Scholarship April Fischer, Cardio Lab, \$1,000 Dr. Carmelo Interone Healthcare Scholarship; Jacob Tegeler*, Morrison, \$2,000 Dr. Carmelo Interone Healthcare Scholarship; Megan Hummel, PACU, \$3,000 Blue Sky Healthcare Education Scholarship; Brennah Zuidema, daughter of CGHer Christeen Thayer, \$3,000 Blue Sky Healthcare Education Scholarship.

*Photo for Jacob Tegeler not available



Sherilyn Winstead



Brandy Rumpf



Raquel Romano



Brenna Smoot



Mia Gustafson



Meaghan Balsley



Lindsey Inskip



April Fischer



Megan Hummel



Brennah Zuidema

Caring Fund Scholarship July 20 Deadline

The deadline for the **CGH Caring Fund Scholarship for the upcoming fall semester is July 20.**

The CGH Caring Fund Scholarship was created in 2014 by the CGH Caring Fund Committee and is funded 100% through CGH Medical Center employee contributions.



The scholarships are for any CGH Medical Center employees who are continuing their education through trade school/college/university and is meant to support those who are pursuing careers in any field. Full- and part-time students may apply.

Four \$500 scholarships are annually funded by the CGH Caring Fund, while two scholarships are awarded per semester.

Criteria for Application:

- Current full time or part-time employee of CGH Medical Center
- Proof of acceptance in an accredited program
- A brief profile of yourself emphasizing occupational goals (1 page or less)
- 1 letter of recommendation
- Short essay answering both of the following questions:
 - (1) Why are you interested in seeking/building a career in your chosen field?
 - (2) How will receiving this scholarship help you?

Procedure:

1. Application must be submitted to:
CGH Caring Fund, c/o Beth Warner
101 E. Miller Road, Sterling, IL 61081
2. Applications will be accepted once per semester. -
- The deadline for **Fall semester** will be **July 20.**
- The deadline for the **Spring semester** will be **December 10.**
3. Monies will be disbursed directly to the school/college at the start of each semester upon receipt of completed registration documentation.
4. Yearly re-application is necessary for consideration to receive award.
5. Proof of enrollment must be presented for each semester before the award will be disbursed to the school.

Please contact Beth Warner at ext. 6110 with any further questions.

June Birthdays

- | | |
|--------------------------|-----------------------|
| 1 Eric Behrens | 18 Cindy Eaglin |
| 1 Denise Johnson | 18 Karen Farley |
| 1 Dianna Johnston | 18 Nichole Lindstrom |
| 1 Kathy McCarty | 18 Marla Lund |
| 1 Morgan Pope | 18 Tresa Mackey |
| 1 Kara Robinson | 18 Michelle Mershon |
| 3 Michael Massey | 19 Ashton Brushaber |
| 3 Stacey Roberts | 19 Shawn Hanlon |
| 3 Caitlin Seeley | 19 Shannon Hauser |
| 4 Nicole Cortez | 20 Cheryl Baker |
| 4 Trisha Richards | 20 Gretchen Buntjer |
| 4 Jeanne Robertson | 20 Julie Cox |
| 5 Kathleen Ivey | 20 Vicki Neubauer |
| 5 Stephanie Janssen | 20 Deborah Osborn |
| 6 Tonya Clayton | 20 Christiane Wiemken |
| 6 Kathleen Finke | 21 Donna Cook |
| 6 Laura Hawk | 21 Robert Henson |
| 6 Sandra Hobbs | 21 Dawn Scoles |
| 6 Joann Mandrell | 21 Kenneth Turley |
| 6 Elana Nichols | 22 Ariel Butler |
| 6 Darci Schmitt | 22 Bryanna Flynn |
| 6 Sarah Stuepfert | 22 Gregory Hepner |
| 6 Tiffani Wallingford | 22 Leslie Hinrichs |
| 6 Gayle Wright | 22 Leah Sterk |
| 7 Kami Shank | 22 Esther Whiles |
| 7 Kim Treviranus | 23 Mallory Anderson |
| 8 Rachel Hallstrom | 23 Amy Gutierrez |
| 8 Erika Matheney | 23 Jill Mammosser |
| 8 Kimberly Reinhardt | 24 Gina Brands |
| 8 Jackie Tichler | 24 Jeff Dyke |
| 9 Rebecca Tieman | 24 Philip Joines |
| 9 Maria Vargas | 24 Peggy Kuelper |
| 10 Mary Bender | 24 Mary Lott |
| 10 William Friedrich | 24 Robin Thompson |
| 10 Lina Guerrero | 25 Linda Bell |
| 10 Kathleen Knapp | 25 Kathleena Cooper |
| 10 Kyle Pletsch | 25 Matthew Dingus |
| 11 Kip Aitken | 25 Miranda Lauritzen |
| 11 Katherine Dempsey | 25 Brenda Pettorini |
| 11 Elizabeth Senneff | 25 Betty Sensenig |
| 12 Justin Cramer | 26 Cari Magana |
| 12 Tina Dillon | 26 Rachel Magana |
| 12 Ginger Lane | 26 Rhonda Miller |
| 12 Shanna Rodriguez | 26 Traci Smith |
| 12 Laura Stoudt | 26 Steve Temple |
| 12 Joseph Vasquez | 27 Lindsay Strehlow |
| 13 Polly Duncan | 27 Daniel Zuidema |
| 13 Kimberly Jamieson | 28 Arturas Grazulis |
| 13 Marcia Jones | 28 Thomas Kurian |
| 13 Kristy Murphy | 28 Meredith Pope |
| 13 Jennifer Sheaffer | 28 Haley Sibley |
| 14 Michele Cox | 29 Diane Ebersole |
| 14 Tracy Moorman | 29 Terry Naylor |
| 14 Kayleigh Rogers | 29 Jessica Null |
| 15 Josephine Hale | 29 Michelle Pratt |
| 15 Dillon Stoner | 29 Barry Stevens |
| 16 Kimberly Bloom | 29 Richard Styczynski |
| 16 Kerensa Pink | 29 Denise Warner |
| 16 Elizabeth Vandersnick | 30 Brittani Berge |
| 17 Mary Dixon | 30 Mindy Billings |
| 17 Emily Hartman | 30 Athan McCloud |
| 17 Thomas Sweeney | 30 Kristi Wolfe |
| 18 Randi Brabender | |

Hospital Happenings

Quality Shares 2017

As in past years, we cannot calculate the final value of our quality shares until the audited financials are received. We anticipate receiving this information very soon.

Hospital Command Center

The Hospital Command Center will be moving from Classroom 3 to the CGH Training Room (by the Med Staff Conference Room) on May 25. This move will allow for more computer access and workspace for the Command Center staff.

Blood Pressure and Blood Sugar Screenings

Screenings are held on the first Thursday of the month (**June 1**) from **8 to 9:30 a.m.** in the CGH Main Clinic lobby; second Thursdays (**June 8**), from **11:30 a.m. to 1 p.m.** in the CGH Medical Center lobby; and third Thursdays (**June 15**), from **3 to 4:30 p.m.** at County Market in Sterling.

Protecting Your Back Workshop

Join **Curis Coyle, DC, CCEP** for a free workshop on spinal care on **Tuesday, June 27** from **6 to 7 p.m.** in Classroom 1.

Cholesterol Screening

If you need your cholesterol checked, make an appointment at our next screening on **Thursday, June 29**, from **6 to 9:20 a.m.** 12-hour fast and appointment required. Call ext. 5716.

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 and trading used scrubs between CGHers.



CGH
Health Foundation
Your partner in good health

Growing Healthier

Speaker

Dialogue that Makes a Difference

Series

JUNE



What's Your Game Plan for Heart Disease? Wednesday, June 7 6:00 p.m.

CGH Ryberg Auditorium
100 E. LeFevre Road, Sterling

Presented by: Matthew Wolf, MD
CGH Family Medicine Physician

Enjoy refreshments and giveaways!

Registration appreciated but not required.

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

Find us on
 Facebook

