



Communique

June 22, 2017

A CGH Medical Center Publication

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Welcome to Medicare

CGH Nurse Practitioner Tracey Aude is spearheading a new program at CGH Medical Center Main Clinic called "Welcome to Medicare."



Tracey Aude, RN, MSN, NP-C

The new program is for people 65 and over that are on traditional Medicare. Tracey is assisted by Dr. William Bird and Cindy Wadsworth, CGH Main Clinic Manager. Tracey has been a nurse for 25 years, most recently as a nurse practitioner in the CGH Main Clinic Cardiology department for the past 10 years.

"We evaluate for Medicare Part B preventive services. We want people to know that it's available," said Tracey. "There is one annual wellness visit allowed each year within specific guidelines."

Wellness visits screen for hearing impairments, cognitive function, depression, nutrition, fall risk and home safety. A health risk assessment is also performed. Education may consist of smoking cessation, weight loss, diet, fall prevention, exercise, home-safety, community referrals for lifestyle changes, and promoting self-management. A plan is formulated based on the assessment and preventive services needed. Individual appointments are 60 to 90 minutes per session.

"We have helped with respite care, as well as getting patients up to date on immunizations, bone density scans and mammograms. We also have arranged abdominal aortic aneurysm and Hepatitis C screenings," said Tracey. "Preventive services is the key. We want to promote wellness and keep people healthy."

For further information, call 815-632-5340. Tracey's hours are 8 a.m. to 5 p.m., Monday through Friday and her office is located in Internal Medicine on the first floor of the Main Clinic.

Tracey will also be the featured speaker at the next Growing Healthier program on July 27 at 6 p.m. in the Ryberg Auditorium. To register, call (815) 625-0400, ext. 5716 or visit www.cghmc.com/growinghealthier.



CGH Main Clinic Welcomes **Rita Hart, DO** (Pediatrics)

Dr. Hart is board certified in Pediatrics and is now accepting new patients. Dr. Hart received her DO from Midwestern University Chicago College of Osteopathic Medicine in Chicago, Illinois, and her BS from Loyola University of Chicago. She completed a pediatric residency at Midwestern University Chicago College of Osteopathic Medicine. Dr. Hart has practiced as a Pediatrician for the past 24 years, most recently at Minooka Healthcare Center of Morris Hospital in Channahon, Illinois. Dr. Hart is a Fellow of the American College of Osteopathic Pediatricians and is a member of the American Osteopathic Association.



To schedule an appointment, please call **(815) 625-4790**
101 E Miller Rd, Sterling, IL 61081
www.cghmc.com



Caring Fund Scholarship July 20 Deadline

The deadline for the CGH Caring Fund Scholarship for the upcoming fall semester is July 20. This scholarship was created in 2014 by the CGH Employee 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. Please contact Beth Warner at ext. 6110 with any further questions.

Way to Go!



CGH Home Infusion Coordinator **Sara Colmark, RN, MSN, CRNI, WCC** recently graduated with her Masters of Science in Nursing from the University of Phoenix.



Sara Colmark

"Sara is an amazing asset to the CGH community. She earned this degree while working full time in her position and raising five children," said Denise Wooden, RN (Home Nursing). "CGH Home Nursing and Home Infusion are more than blessed to have her on staff."

Congratulations, Sara!

CGH Main Clinic Welcomes **Ethan Brooks, DSC, PA-C** (Orthopaedics)

Ethan received his doctorate of science in clinical orthopedics from Baylor University in Waco, Texas; and both his MS and BS in physician assistant studies from the University of Nebraska in Lincoln, Nebraska. Ethan completed an orthopedic assistant fellowship at Madigan Army Medical Center in Joint Base Lewis-McChord, Washington.



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PROTECTING YOUR BACK WORKSHOP



Join Dr. Curtis Coyle, CGH Chiropractor, for a **FREE spinal care workshop**. Discussion will include the most common causes of back pain, headaches, whiplash, prevention alternatives and self treatment options.

FOURTH TUESDAY OF THE MONTH
June 27 | July 25 | August 22 | September 26 | October 24

6 p.m. in Classroom 1 • CGH Medical Center

100 E. LeFevre Road, Sterling, IL



Please register at www.cghmc.com/calendar
Registration appreciated but not required.
For more information or to schedule an appointment with Dr. Coyle, please call (815) 622-1211

CURTIS COYLE, DC, CCEP

CGH Locust Street Medical Center • 1809 N. Locust Street, Sterling, IL 61081
Office Hours: Mon, Tues, Thurs & Fri • 8 a.m. to 5:30 p.m. • Wed • 8 a.m. to noon

Culture of Caring

One Mission. One Vision. One Team.



With a friend, we assume positive intent. We are engaged and interested in what our friend has to say. We listen to understand their perspective, not to respond or to be defensive. If we didn't do these things, they would not be our friend for very long.

What if we listened to everyone as if they were our friends?

June New Employees



Front Row (L - R): Molly Anderson (Summer Worker, Day Care); Kayleigh Leddy (Summer Worker, Day Care); Karlie Stafford (Summer Worker, EMR); Jozi Grobe (Intern, Human Resources); Kirsten Pitman (PT Aide, Outpatient Physical Therapy); Annalise Ankney (Summer Worker, Laboratory)

Back Row (L - R): Larry Brandon III (Summer Worker, Patient Accounts); Andrew Bird (Summer Worker, POM); Mac Olson (Summer Worker, POM); Noah Urrutia (Summer Worker (EVS)); Gehrig Koerner (Summer Worker, EVS); Nick Klimson (Summer Worker, Health Foundation); Cody Lund (Summer Worker, Physician Recruitment)



Front Row (L - R): Trinity Cavazos (RN, ED); Kaitlin Brown (HUC/CNA, Pediatrics); Holly Behning (Expeditor, Dietary); Sarah Trujillo (CNA, Float-Hospital)

Back Row (L - R): Carly Holloway (Food & Nutrition Assistant, Dietary); Arex Trancoso-Coleman (Café Worker, Dietary); Jim DuBois (Manager, EVS); Lauren Williams (LPN, Float-Clinic); Brianna Richardson (RN, Surgical Floor); Mary Alice Oswald (PT Aide, Outpatient PT)



Front Row (L - R): Katherine McConnell (Housekeeper I, EVS); Hannah Eddinger (Housekeeper I, EVS); Cheryl Ackert, LPN, Float-Clinic); Erin Phalen (Physical Therapist, PT)

Back Row (L - R): Melody Smith (LPN, Float-Clinic); Amy White (Teacher, Day Care); Corinna Richards (General Secretary, Laboratory); Sherri Graham (RN, ENT-Clinic); Allison Loggins (Physical Therapist, Outpatient PT); Alexandria Brady (Medical Technologist, Laboratory)

July Birthdays

- | | |
|-----------------------|----------------------|
| 1 Peter Barajas | 16 Abigail Coyle |
| 1 Larri Dirks | 16 Jessie Grett |
| 1 Mary Macke | 16 Jozi Grobe |
| 1 Jose Sandoval | 16 Gary Velasquez |
| 2 Alisha Hubbard | 17 Nicole Bollman |
| 2 Rosie McClard | 17 Maureen Franque |
| 2 Kaitlin Reese | 18 Jacob Mckenna |
| 2 Kellsey Ristau | 18 Nikki Miller |
| 3 Hannah Eddinger | 18 Jinni Waller |
| 3 Stephanie Ernst | 18 Lori Weed |
| 3 Susan Hamstra | 19 Tara Arteberry |
| 3 Heather Pair | 19 Sara Bartnick |
| 3 Vicki Velasquez | 19 Meaghan Coward |
| 4 Elizabeth Austin | 19 Veda Crowder |
| 4 Elizabeth Foster | 19 Phong Dang |
| 4 Sarah Sitter | 19 Kara Metzger |
| 4 Jessica White | 19 Brittany Slater |
| 5 Barbara Baughman | 20 Kandice Denning |
| 5 James DuBois | 20 Allison Hutchison |
| 5 Clark Franks | 20 Steven Mackay |
| 5 Eric Gale | 20 Angel Moreno |
| 5 Jacqueline Greer | 21 Caroline Burkitt |
| 5 Jackie Greve | 21 Julie Egan |
| 5 Iyad Jundi | 21 Edward Miles |
| 6 LaDonna Clark | 21 Senada Tefiku |
| 6 Erin Dempsey | 21 Melissa Wolf |
| 6 Katherine Gillespie | 22 Lisa Hudson |
| 6 Kristine Ratliff | 22 Brailey Johnson |
| 6 Lori Timms | 22 Ann Lee |
| 7 Gail Anderson | 22 Marilyn Slater |
| 7 Laura Folkers | 23 Laurie Buckman |
| 7 Susan Meusel | 23 Ivett Escalante |
| 7 Genia Reitzel | 23 Terri Miller |
| 7 Melody Smith | 24 Laurie Schroeder |
| 7 Jamie Wagenknecht | 24 Shannon Schultz |
| 8 Natalie Ratliff | 24 Diane Walters |
| 9 Jayden Bass | 25 Douglas Ackland |
| 9 Beth Lancaster | 25 Erika Rechkemmer |
| 9 Anita Meier | 25 Carlene Ward |
| 9 Emily Miller | 26 Jennifer Ferris |
| 10 Alexis Appleman | 26 Beth Jacobs |
| 10 Kathleen Forth | 26 Nichole Morgan |
| 10 Shauna Kramer | 26 Melody Reed |
| 10 Vanessa Lira | 27 Debra Knutti |
| 10 Susan Maynard | 27 Kristi Pierce |
| 10 Michele Setlock | 27 Nicole Pitts |
| 11 Patricia Jordan | 27 Anita Schryver |
| 11 Jessica Morris | 27 Brea Sharp |
| 11 Marc Stees | 28 Shaylee Baumgart |
| 11 Anaiza Uribe | 28 Joan Capp |
| 12 Colleen Bonnell | 28 Kevin Rogers |
| 12 Jennifer Cook | 28 Amanda Siperly |
| 12 Curtis Coyle | 29 Meaghan Balsley |
| 12 Denise Lendman | 29 Suzanne McDonnell |
| 12 Sandra Watkins | 29 Matthew Reed |
| 13 Sandi Hay | 29 Laura Shipman |
| 13 Andrea Mallhi | 29 Jeanette Shuman |
| 13 Nichole Mitchem | 29 Sandra Westbo |
| 14 Sandra Meyer | 29 Jacie Young |
| 14 Susan Pennell | 30 Sheri Fetrow |
| 15 Kay Benavidez | 30 Andrea Garriott |
| 15 Danica Bock | 30 Matthew Lindstrom |
| 15 Selia Cervantes | 30 Julie Morse |
| 15 Kristin Charleston | 30 Kirsten Pitman |
| 15 Sally Douglas | 31 Carolyn Gale |
| 15 Santos Garcia | 31 Dawn Schumaker |
| 15 Sarah Gee | 31 Christina Young |
| 15 Michael McAlvey | |

2017 Graduate

Congratulations to the following High School graduate who was inadvertently omitted from our special section in the June 8 Communique.

Erin Sharp, daughter of Dina Wheeler (Physician Services), graduated from Sterling High School



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.

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.

Blood Pressure and Blood Sugar Screenings

Screenings are held on the first Thursday of the month (**July 6**) from **8 to 9:30 a.m.** in the CGH Main Clinic lobby; second Thursdays (**July 13**), from **11:30 a.m. to 1 p.m.** in the CGH Medical Center lobby; and third Thursdays (**July 20**), from **3 to 4:30 p.m.** at County Market in Sterling.

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.



Growing Healthier
Speaker

Dialogue that
Makes a Difference

Series

JULY



**Welcome to
Medicare
Thursday, July 27
6:00 p.m.**

CGH Ryberg Auditorium
100 E. LeFevre Road, Sterling

Presented by: **Tracey Aude, RN, MSN, NP-C**
CGH Nurse Practitioner

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.



Attend one of our
FREE PROGRAMS
and you could win
a \$100 gift card!
★★★