



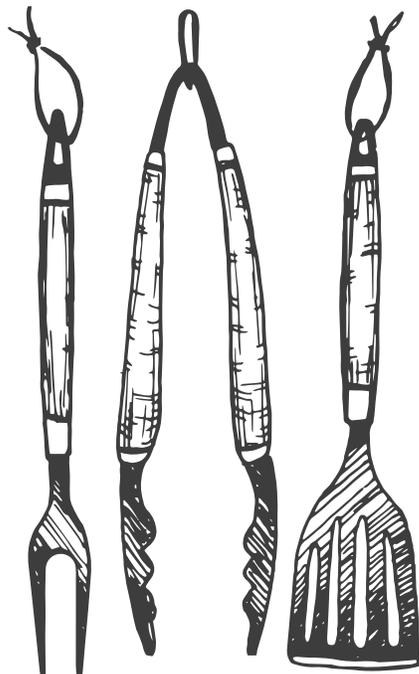
Communique

September 14, 2017

A CGH Medical Center Publication

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CGH EMPLOYEE APPRECIATION ACTIVITIES

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Monday, September 18

Employee Gift
AdCon, Managers, & HR will help distribute the gift to all staff! Distribution will take place out of the Ryberg. All off-site managers are asked to schedule pick-up for their facility as designated below.

Employee Pick-up Times:	Off-Site Manager Pick-up Times:
6:30am - 9:00am	10:00am - 11:30am
11:30am - 1:30pm	
3:30pm - 5:00pm	

Tuesday, September 19

10+ Year Milestone Anniversary's
Location: Timber Creek Country Club
Cocktails: 5:30pm - Dinner 6:00pm - followed by presentations.
Invitations have been sent to honorees and their managers for this event.

Wednesday, September 20

Whole House Meal
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*)
(Pulled Pork, Pulled Chicken, Baked beans, Mac & Cheese, & Potato Salad)
3:00am - 4:30am • 11:15 am - 1:30pm • 5:00pm - 6:30pm

Thursday, September 21

CGH Spirit Day
Whole house wears CGH Employee Appreciation 2017 T-Shirt
(*will be handed out on Monday with the gifts*)

Friday, September 22

Employee Appreciation Afternoon Fun (Games and Snacks)
12:30pm - 3:00pm
(*Parking Lot B - Under the Tent*)

Culture of Caring

One Mission. One Vision. One Team.

COMMUNICATION

The Languages of Appreciation

GIFTS

These are small token gifts that show that you know the other person's interests. This is when "it's the thought that counts" is important – NOT the monetary value of the present. This could be even be a special coffee or candy bar or a special pen.

QUALITY TIME

This is focused, intentional, undivided attention that shows that other person you are invested in them and are actively and empathically listening.

AFFIRMATION

This can be a thank you note, email, call or face to face conversation thanking the other person for their efforts. The more you tie in the qualities you appreciate and admire, the more meaningful it is for the recipient.

ACTS OF SERVICE

These are small acts that we can do for one another. This can be doing a task for someone else, like getting the mail or helping them to complete something on their list of to-do's.

TOUCH

Handshake. Fist Bump. High Five. Use caution with this one – some people are not comfortable with others in their 'bubble' and that needs to be respected.

We appreciate our fellow team members. But are we communicating it in a way that they understand? Are we speaking their primary language of appreciation? You can discover this by observing or just asking them. When we feel valued and appreciated, we are more engaged and are more willing to work. Generally speaking, how we give appreciation is actually how we want to receive appreciation.

Congratulations

Olivia Margaret Huyck daughter of Travis Huyck and **Alexandrea** (Laboratory) was born on August 31 at 3:18 p.m. She weighed 6 lbs., 5 oz. and was 19 inches long.



CGH Health Foundation Vendor Show • Sept. 15



CGH Health Foundation Vendor Show and "Think Pink" Shirt sale is TOMORROW!

Join us for our 4th annual Vendor Show tomorrow, Sept. 15 from 7 a.m. to 3:30 pm in the Ryberg Auditorium and CGH Classrooms 1 and 2. Confirmed vendors include: Norwex, quilted items, Mary Kay, Thirty One, Advocare, Fusion

Jewelry, Crafts, Wooden Spoon Sweets, wood items, Pampered Chef, Kalmar Kolors Alpacas, Papparazzi Jewelry, The Cocoa Exchange, Real Time Pain Relief, Perfectly Posh, Folkiedot, LK Design Source, Thrive, LuLaRoe, We Believe T-Shirt Company, Rodan & Fields, Lipsense, doTerra, framed photography, Young Living Essential Oils and Bling, Bling Queen.

Stop by throughout the day to do some shopping, and be sure to come early to get your hands on the best selections! Proceeds from the event will benefit CGH Health Foundation programs, including Love on a Leash, Eyeglasses for Kids/Adults, Prescott Dental Clinic, and many more.

Be sure to stop by the CGH Health Foundation table to make your Annual Appeal pledge. Receive your 2017 gift!

We will also be selling Touchdowns for Ta-Tas "Think Pink" shirts throughout the day. If you haven't had a chance to get yours yet, now is the time! We will have various sizes and styles available. If your size is not available we will place an order for you. Cash, check and payroll deduct are accepted for payment.

Laboratory Retirements



Congratulations to Sue Mostrom (41 years) and Helen Nelson (32 years) who recently retired from the Laboratory. Thank you both for your loyal service! Pictured from L-R are Helen Nelson, Suzie McDonnell (Laboratory Director) and Sue Mostrom.



CGH Medical Center Welcomes **Abdullah Altayeh, MD, FCCP**

We are pleased to welcome Abdullah Altayeh, MD, FCCP to the Pulmonology department at CGH Medical Center. Dr. Altayeh received his MD from St. Georges University School of Medicine in Grenada, West Indies. He completed a fellowship in Pulmonary Medicine at Joan C. Edwards School of Medicine at Marshall University in Huntington, West Virginia, as well as a fellowship in Critical Care at Mayo Clinic in Rochester, Minnesota.



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

Enlistment Ceremony

On September 10th, Dr. Jacob Hopping, a Major and 17 year veteran of the Illinois Air National Guard, had the pleasure of performing the enlistment ceremony for Sterling High School Senior Akira Tantan.

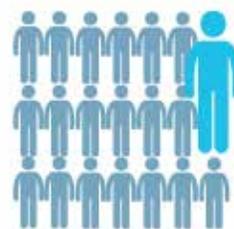


Dr. Jacob Hopping and Akira Tantan

Akira will be joining the Illinois Air National Guard as a medic after she graduates high school. She is interested in a career in medicine. If you know Akira, congratulate her on her enlistment!

Peripheral Artery Disease

September is Peripheral Artery Disease (PAD) Awareness month.



One in every 20 Americans over the age of 50 has PAD

PAD is a condition that causes narrowing of the peripheral arteries that carry blood from the heart to the legs. While PAD can occur in the legs, stomach, arms and head, it is most common in the legs. Overtime, plaque and blockage develops in the vessels causing foot ulcers. These ulcers can result in amputation if not treated properly.

To raise awareness of PAD, the CGH Wound Healing Center is participating in the white sock campaign. Created by the Save a Leg, Save a Life Foundation (SALSAL), the campaign encourages participants to wear one white sock on one leg. This promotes solidarity with our amputees. The CGH Wound Healing Center invites all staff to put on your white socks and join the fun!

Schedule Your Mammogram

Be aware that most breast cancers do not produce symptoms. Early detection is the best protection!

The first 100 female employees to schedule their mammogram appointment during the month of October (appointment before 12/31/17) will receive a FREE stainless steel can cooler.



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

EMPLOYEE INFLUENZA CLINIC

Main Clinic Internal Medicine

Monday, September 25 - Thursday, September 28
6-8 a.m. and 5-7 p.m.

Monday, October 2 - Thursday, October 5
7-8 a.m. and 5-6 p.m.



SEPTEMBER 2017

Employee of the Month



Taylor Ryan

NCMA, Main Clinic Internal Medicine/GI



I live in: Erie

Joined CGH on: September 12, 2016

Education: NCMA from Medwest Tech

Family: Boyfriend, Nick, and our daughter, Zoey

Proudest Achievement: Completing the Bix and buying our first house

Hobbies: Anything outside

Taylor is a wonderful addition to CGH, especially to Main Clinic Internal Medicine. Taylor is always willing to help others, no matter how busy she is. Patients adore Taylor. She is always courteous to patients and staff. I am honored to be able to work side by side with such a kind, intelligent and respectful hardworker.

~ Angie Thompson, Main Clinic Internal Medicine

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

Purpose, Worthwhile Work, Making a Difference!

Hospital Happenings

UNIFORM SALE!

AUXILIARY FUNDRAISER

CGH MEDICAL CENTER

FRIDAY | SEPTEMBER 29, 2017

7:00a - 6:00p

RYBERG AUDITORIUM



FAYROLL DEDUCTION (\$250 MAXIMUM) available for employees. Also accepting cash, check & credit cards.



After shopping enjoy *homemade treats* provided by *Auxiliary Volunteers!* Thank you for your continued support of the CGH Auxiliary!



SIGN UP FOR FREE DRAWING!

GOBBLE THE GIVEAWAY!

3 CHANCES TO WIN A DECORATIVE HOLIDAY ITEM!

FY18 Mandatories

FY18 online mandatories are now posted on your CGH University To Do page. If you have any questions, please do not hesitate to contact Staff Development in Human Resources at ext. 4845.



Growing Healthier
Speaker

Dialogue that
Makes a Difference

Series

SEPTEMBER



Skin Deep: Treating Skin Cancer with the Mohs Procedure

Tuesday, September 26
6:00 p.m.

CGH Ryberg Auditorium
100 E. LeFevre Road, Sterling

Presented by: **Dr. Marc Stees**
CGH Dermatologist

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



Protecting Your Back Workshop

Join Dr. Curtis Coyle, CGH Chiropractor, for a FREE spinal care workshop on **Tuesday, September 26** at **6 p.m.** in Classroom 1.

Discussion will include the most common causes of back pain, headaches, whiplash, prevention alternatives and self treatment options.

