



# Communique

September 28, 2017

A CGH Medical Center Publication

## CGH Announces October Events for Breast Cancer Awareness

Breast cancer is the second most common form of cancer in women. You can take control of your breast health by following a healthy lifestyle and by having regular clinical exams, mammograms, and self-exams. With October as National Breast Cancer Awareness Month, CGH has planned a number of events to focus on the importance of early diagnosis. A listing of these events follows:

**CGH Women's Imaging Center:** Be aware that many breast cancers do not produce symptoms. Early detection is the best protection and requires a combination of monthly breast self-examination, yearly physical breast examination, and periodic mammography according to your age and physician's recommendations. CGH now also offers same day screenings on Wednesdays. The first 100 female employees to schedule their mammogram appointment during the month of October (appointment before 12/31/17) at CGH will receive a FREE stainless steel can cooler. Call (815) 625-3610 to make an appointment.



**2 for 1 Women's Cancer Screening Program:** If you have insurance that pays for a mammogram or Pap at CGH, you can help a friend, family member or even someone in the community who has no insurance (or has a high deductible) get a FREE mammogram or Pap. Schedule your own mammogram/Pap and sponsor a local woman in need. Call (815) 625-0400, ext. 5716 for more information.

### **"Pearls, Petals and Pink" • Thursday, October 12, 5 p.m., Deer Valley Country Club**

This special 30th anniversary edition of the Delicious Designs fundraiser will showcase beautiful all-occasion floral designs by Behrz Bloomz. Doors open at 5 p.m. Enjoy heavy hors d'oeuvres, a signature pink martini drink, and pearl jewelry giveaway. The popular silent, live, and dessert auctions and cork pull will be featured again this year, along with new craft beer and spirits pulls. To purchase a ticket, call Joan Hermes at (815) 625-0400, ext. 5672. Tickets are \$30. All proceeds go for comfort care services for CGH patients with cancer. Deadline for purchasing tickets is Monday, October 2.

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### **"Women's Health Screenings: Myth vs. Fact" • Tuesday, October 17, 6 p.m., CGH Ryberg Auditorium**

Join **Dr. Keith Martin**, CGH Gynecologist, and **Sara Smith, APN, CNP**, Women's Health Nurse Practitioner, for this free Growing Healthier Program. Learn about what screenings you need to have and when you should have them. To register, call (815) 625-0400 ext. 5716 or visit [www.cghmc.com/growinghealthier](http://www.cghmc.com/growinghealthier).

### **"I Beat Breast Cancer Before It Beat Me" • Thursday, October 19, Noon, CGH Ryberg Auditorium**

**Mackenzie Hopping**, who comes from four generations of breast cancer, presents a free program on her experiences with breast cancer. Lunch will be provided. Registration required. To register, call (815) 625-0400 ext. 5716 or visit [www.cghmc.com/calendar](http://www.cghmc.com/calendar).

### **Touchdown for TaTas • Saturday, October 21, 9 a.m., SHS Football Field - Educational Booth**

Touchdown for TaTas has been very generous in their support of the CGH Health Foundation. The money supports our Women's Health program which provides free mammograms, Pap tests, doctor visits and diagnostic testing for under-served women.

### **Angelo's Pizzeria Going Pink for October**

Pizza and pink go hand in hand this October at the four Angelo's Pizzeria locations in Sterling, Rock Falls and Dixon. Angelo's will be donating \$1 for every pizza sold at all four of their locations throughout the month of October to the CGH Health Foundation's Women's Health program.

# Culture of Caring

One Mission. One Vision. One Team.

## COMMUNICATION

**“Next to physical survival, the greatest need of a human being is psychological survival, to be understood, to be affirmed, to be validated, to be appreciated.”**

Steven Covey, author of *The 7 Habits of Highly Effective People*

## 2017 Harvest Hammer and Paint the Town

Thank you to all CGHers that attended, participated or volunteered at the 2017 Paint the Town and Harvest Hammer in Morrison on September 16-17.



HTP Group at Harvest Hammer



Left: **Dr. Kuhns, Dr. Riley and Dr. Bird** participate in the Harvest Hammer Duathlon.

Bottom left: CGHers volunteer at the First Aid Tent at Paint the Town.



# Demonstrating the Value of Health Information Technology

## NATIONAL HEALTH IT WEEK

OCTOBER 2 – 6, 2017

National Health IT (NHIT) Week, October 2-6, is a nationwide awareness week focused on the value of health IT. NHIT Week demonstrates the value of health IT in supporting healthcare transformation, expanding access to high quality care, increasing economic opportunity, and making communities healthier.

On behalf of everyone at CGH, we'd like to celebrate our Health Information Technology teams for the work they do and value they bring to CGH Medical Center.

“POP” in to our blood drive!  
**DONATE TODAY!**



## BLOOD DRIVE

**Thursday, October 5, 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](http://www.redcrossblood.org)

Enter for a chance to win a gift basket from



815-535-0540  
109 First Avenue, Rock Falls, IL  
[www.twincitypopcorn.com](http://www.twincitypopcorn.com)



## Congratulations

**Alexandria “Lexi” Devine** daughter of Andrew and **Jordanna Devine, APN, FNP-BC** (Ready Care) was born on September 13 at 2:28 p.m. She weighed 8 lbs., 2 oz. and was 22 inches long.



## Our Team is on Fire

*The flame of our staff burns bright for our community!*

*This picture represents over 1500 caring employees, physicians and staff who work at our hospital or one of our 16 community clinics.*



*From providing treatment and comfort to the sick, to welcoming new life into the world, we are committed to caring for our friends and neighbors! Thank you to all our staff for sharing in CGH Week festivities!*



In October 1989, President George Bush announced the first annual "National Health Care Food Service Week," to observe the contributions of professionals in the health care food service industry. The week of observation, October 1-7, reaches out to professionals such as chefs, dietitians, and food service staff who not only keep waistlines in check, but who provide delicious and health conscious meals for health care facility patients and staff.

From the preparation to the delivery of foods at CGH, our Dietary department professionals often work behind the scenes, but play an integral role in the nourishment of staff and patients. Thank you to our Dietary staff for all that you do!

## September New Employees



**Front Row (L - R):** Sabrina Brooks (RN, ED); Mikayla Watkins (Food & Nutrition Assistant, Dietary); Jaini Driscoll (Clerk Receptionist, DID); Kelly Scott (Registration Clerk, Patient Access)

**Back Row (L - R):** John Park (Registered Dietitian, Diabetic Education); Katelyn Setters (EKG Technician, Cardio Lab); Kimberly Hampton (MA, Float-Clinic); Jeff Wadsworth (Clinic Building & Grounds Maintenance, POM); Cody Ballenger (RN, Medical Floor); Andrea Lynch (MA, Float-Clinic)



**Front Row (L - R):** Trina Ballard (Café Worker, Dietary); Holly Hilty (CNA, Float-Clinic); Ashley Stoudt (Receptionist, Neurology); Theresa Krueger (NP Trainee, Wound Care Clinic)

**Back Row (L - R):** Erica Thumma (Respiratory Care Practitioner, Respiratory Care); Margo Rahn (Expeditor, Dietary); Jill Lawrence (NP Trainee, Long Term Care); Tyler Boucher (Housekeeper I, EVS)



**Front Row (L - R):** April Valdez (Registration Clerk, Patient Access); Katie Kelly (Registration Clerk, Patient Access); Kristen Bauser (Receptionist, Float-Clinic); Miranda Benavidez (RN, Medical Floor)

**Back Row (L - R):** Lexi Vance (CNA, Float-Hospital); Diana Eppenstein (Phlebotomist, Laboratory); Dahley Vinson (OR Technician, Surgery/OR); Angie Meyer (Linen Specialist, Laundry); Becca Holloway (Food & Nutrition Assistant, Dietary)

# October Birthdays

- |                      |                        |
|----------------------|------------------------|
| 1 Ashley Revels      | 17 Melanie Mangan      |
| 1 Anna Reynolds      | 17 Jenni Medema-Demay  |
| 2 Mellissa Anderson  | 17 Courtney Mohr       |
| 2 Kathryn Edson      | 17 Cynthia Witherow    |
| 2 Allison Ingles     | 18 Caleb Desmond-Lopez |
| 3 Kylie Brauer       | 18 Tracy Murphy        |
| 3 Erica Day          | 18 Margo Rahn          |
| 3 Stacy Dillard      | 18 Xenia Ramos         |
| 3 Jodie Gaffey       | 18 Charity Wheat       |
| 3 Kristie Geil       | 19 Mary Browning       |
| 3 Julie Johnson      | 19 Cari Janssen        |
| 3 Cherie Parker      | 19 Debora Lewis        |
| 4 Regina McCulloh    | 19 Katie Pfundstein    |
| 4 Brenda Miller      | 19 Sharath Reniguntala |
| 4 Jeanie Swanson     | 19 Allison VanDerLeest |
| 5 Deborah Devine     | 20 Aaron Drey          |
| 5 Michele Maldonado  | 20 Kaitlyn Miller      |
| 5 Danielle Scully    | 20 Addison Morse       |
| 5 Vanessa Williamson | 20 Raquel Romano       |
| 6 Tyler Boucher      | 20 Aubree Schmitt      |
| 6 Janice Jacobs      | 21 Marjorie Burtlow    |
| 6 Sonia Johnson      | 21 Peggy Carney        |
| 6 Korissa Kipping    | 21 Cruz Dela           |
| 6 Melissa Kroninger  | 21 Shirley Hernandez   |
| 6 Alaina Sanchez     | 21 Susan Jacobs        |
| 6 Laura Soleta       | 21 Samantha Linkowski  |
| 7 Kathryn Beck       | 21 Regina Superczynski |
| 7 Jennifer Bookman   | 22 Jacob Gardner       |
| 7 Ken Koerner        | 22 Amber Guinn         |
| 7 Jessica Lehrer     | 22 Whitney Smith       |
| 7 Deborah Richard    | 22 Todd Whiles         |
| 7 Young Song         | 23 Matthew Tichler     |
| 7 Ashley Swanson     | 24 Barbara Bruketta    |
| 8 Phyllis Bianchi    | 24 Alicia Eyrich       |
| 8 Barbara Duffy      | 24 Ashok Maini         |
| 8 Julie Jones        | 24 Katie Redell        |
| 8 Englantina Navarro | 24 Margaret Ruckman    |
| 8 Desiree Olalde     | 24 Angela Sullivan     |
| 8 Nancy Tran         | 25 Barbara Brady       |
| 8 Andrea Vickers     | 25 Joann Cantrell      |
| 9 Garrett Gerdes     | 25 Miriam Ferrel       |
| 10 Lacey Dierks      | 25 Connie Glenn        |
| 10 Kaylan Dietz      | 25 Mary Harvey         |
| 10 Stevie Jamin      | 25 Gehrig Koerner      |
| 10 Eric Kuhns        | 26 Ann Goley           |
| 10 Stacey Munz       | 26 Lindsey Gray        |
| 10 Ryan Venema       | 26 Meagan Haan         |
| 11 Abby Anderson     | 26 Mary Lally          |
| 11 Linsey Brown      | 26 Denise Zink         |
| 11 Randal Davis      | 27 Laura Baker         |
| 11 Karen Hosler      | 27 Lynn Gallegos       |
| 12 McKaley Boothe    | 27 Kimberly Hampton    |
| 12 Ellie Francis     | 27 Kristin Hoban       |
| 12 Bryan Frederick   | 27 Jennifer Johnson    |
| 12 Laura Mckenna     | 27 Michelle Nelsen     |
| 13 Sean Bond         | 27 David Wolf          |
| 13 Pamela Crawford   | 28 Shauna Gipe         |
| 13 Rita Hart         | 28 Morgan Hixson       |
| 13 Johnny Hearn      | 28 Aimee Mouw          |
| 13 Sara Rivera       | 28 Mikel Phillips      |
| 14 Cheryl Ackert     | 28 Trenton Sproul      |
| 14 John Foust        | 29 Melanie Bonilla     |
| 14 Sherri Garcia     | 29 Amy Kutz            |
| 14 Tammy Lahey       | 29 Jennifer Robers     |
| 14 Becky Romano      | 29 Tammy Tomman        |
| 15 Lori Reins        | 29 Jeanne Wilt         |
| 15 Sandra Ryan       | 30 Kevin Anderson      |
| 15 Lisa Schantz      | 30 Lisa Armstrong      |
| 15 Kassandra Trickel | 30 Teresa Craft        |
| 16 Gerald Davis      | 30 Ruben Gutierrez     |
| 16 Theresa Devine    | 30 Shellie Pairadee    |
| 17 Pamela Carey      | 31 Jaziel Chavira      |
| 17 Julia Hammer      | 31 SarahTherica Heeren |
| 17 Kelcie Hohlen     | 31 Lindsay Melendrez   |
| 17 Molly Kuelper     | 31 Elliott Mertes      |

## Hospital Happenings

# UNIFORM SALE!

## AUXILIARY FUNDRAISER

CGH MEDICAL CENTER

FRIDAY | SEPTEMBER 29, 2017

7:00a - 6:00p

RYBERG AUDITORIUM

scrubs & beyond  
life uniform

PAYROLL 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!



ET

SIGN UP FOR FREE DRAWING!

# GOBBLE THE GIVEAWAY!

3 CHANCES TO WIN A DECORATIVE HOLIDAY ITEM!

### Employee Influenza Clinic

The employee influenza vaccination clinic will be held in the Employee Pharmacy at the hospital next week,

**Monday, October 2** through **Thursday, October 5** from **7 to 8 a.m.** and **5 to 6 p.m.**

### Evacuation Device Training Sessions

Evacuation device training sessions are open to all staff.

The upcoming schedule is below and sign-up is on Lifeline.

Date	Time	Location
October 12	7 a.m.	OB Classroom
October 18	8 a.m.	OB Classroom
October 18	12:30 p.m.	OB Classroom
October 18	2:30 p.m.	OB Classroom
October 25	7 a.m.	Classroom 1



### 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.

### Protecting Your Back Workshop

Join Dr. Curtis Coyle, CGH Chiropractor, for a FREE spinal care workshop on **Tuesday, October 24** 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.