



# Communique

November 9, 2017

A CGH Medical Center Publication

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## 2018 HTP Program Open to 100 New Participants

The Health Transformation Program (HTP) teaches lifestyle skills to improve blood pressure, blood sugar, and cholesterol numbers. These risk factors plus waist size contribute to Metabolic Syndrome; a condition that greatly increases risk for diabetes, heart disease, and stroke, among other diseases.



About 260 participants from both CGH and our workplace wellness partners have participated in HTP since the program launch in January 2014. While weight loss is not the primary goal, 2017 program members lost an average of over 9 pounds and 2.5 inches off their waist as of November 1.

Participants are required to attend weekly educational meetings (every other week after April 1), participate in quarterly measurements (weight, waist circumference, cholesterol, blood pressure, blood sugar), and meet regularly with a personal health coach. There is a fee for the program which is deducted from payroll and reimbursed quarterly provided all requirements are met. Health club fees are also reimbursed for participants who meet the usage requirements.

The 2018 program will be open to 100 new participants. CGH employees and their family members (over age 16) are invited to enroll. Enrollment meetings will be held on December 5 at 5:30 p.m. in the Ryberg Auditorium, December 6 at 7 a.m. in Classroom 2 and on December 6 at noon in the Board Room. For more information or to pre-enroll please contact Sherry DeWalt at ext. 5716.



4th Annual

# Healthy & Bright

## Holiday Lights & Art Show

Tuesday, November 14th

CGH Main Clinic Atrium

5:00 pm - Event Begins

5:45 pm - Ceremonial Lighting

**Featuring:**

- Entertainment by Morrison High School Holiday Pops group, "Dodeca"
- CGH Holiday Art Show featuring artwork by Linda Von Holten

PUBLIC WELCOME!

## Delicious Designs



Special thanks to the staff at Behrz Bloomz for their \$1,306 contribution following the "Pearls, Petals and Pink" event. From left are Stephanie Dusing, Kathy Behrens, Jim Behrens, event chair Pat McLeod and co-chairs Mary Jean Derreberry and Mary Spitzer.

Over \$10,000 was raised Oct. 12 during a very special evening at which area cancer survivors and the 30th anniversary of the CGH Health Foundation were celebrated. More than 250 people attended the fourth Annual Delicious Designs fundraiser at Deer Valley Country Club, dubbed "Pearls, Petals and Pink" and hosted in partnership with Behrz Bloomz, Sterling.

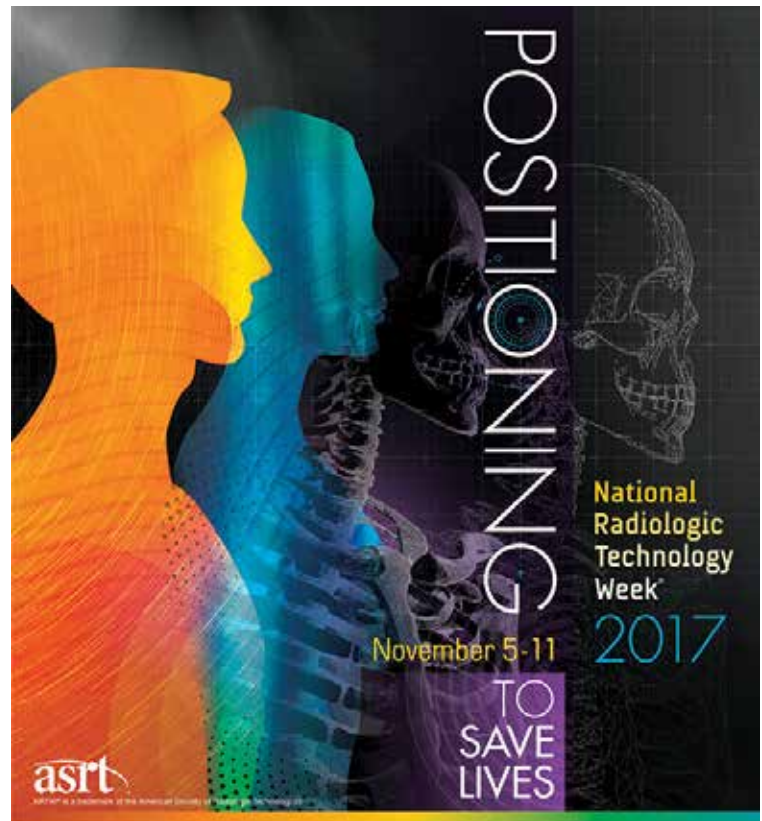
"Our tremendous group of volunteers made all the difference in raising our net profit of \$10,395," said Pat McLeod, event chair. "The amount of enthusiasm and support for our cancer care project was incredible! It was an honor to celebrate so many cancer survivors in attendance, whose tickets were purchased by several very generous individuals."

A whopping \$4,785 was raised from the Dessert Auction, which featured a cherry pie made by former CGHer Michele Musgrove in honor of the late Joe Henderson. The 2017 Annual Appeal campaign is dedicated to the long-time Foundation trustee, who served for 14 years and was so well-known for his community service.

The very popular cork, craft beer and spirits pulls brought in \$1,715. "So many individuals worked together to create such a success," said McLeod, "Like Rob Young, our auctioneer who donated his services and Jeff Hinton from 815 Productions, who did our lighting, and Sterling County Market, who donated all of our pink roses in memory of a family member who recently passed from breast cancer."

Committee co-chairs include Mary Jean Derreberry, Surgical Floor manager, and Mary Spitzer, recently retired from Main Clinic Peds, plus the following CGHers, Mimi Hicks, Daycare manager; Tammy Latchford, Contract & Sourcing Administrator; Tiffany Marquez, Clinic Patient Financial Services and also Shelley Gottel, Foundation trustee, Kim Hegner, Mackenzie Hopping, Margo Jakobs, Jane Musgrave, retired CGHer, Rita Smith, Amy Springman, Foundation trustee, and Chrissy Zollinger.

Special thanks to Dr. Matthew Cutter, Foundation chair, and Dr. Jake and Mackenzie Hopping, who were featured speakers during the program. Mackenzie, a professional artist, also donated a print which brought \$200 and depicted one stage in her journey to beat breast cancer.



**Providing patients with safe medical imaging examinations and radiation therapy treatments is the prime goal for the nation's radiologic technologists. To recognize the vital work of our Radiology Technologists, CGH Diagnostic Imaging celebrated National Radiologic Technology Week this past week.**

## CGH Health Foundation & CGH Marketing Relocate



CGH Health Foundation and CGH Marketing relocated this past week from their previous office at CGH Downtown Medical Center to 2600 N. Locust Street, Suite B in Sterling.



*Special thanks to the POM and IT departments for all their hard work in making the move seamless!*

# CGH Employee Pharmacy FAQ's

## **I work an evening shift and want to drop off a refill or pick up a Rx. What do I do?**

For refills, the key is to plan ahead. We prefer everyone use the call in line at 4633 or (815) 564-4633 to request their refills. Most use this and it's the most efficient way for us to process your prescription refill. As a fallback, you could press the buzzer of the pharmacy (the next door towards the elevators from the retail pharmacy entrance) up until 8:30 p.m. to hand in your Rx container. A staff member will not be able to fill the Rx until the next day, but by taking your Rx container we can begin the process. If you want to just stop with a verbal request to refill, our preference is for you to call 4633. That said, if you have a situation you feel you need to speak with a pharmacist about, by all means, we want you to do that.

If you find it impossible to pick up your Rx by 5 p.m. (noon on Saturday), again, you may press the buzzer of the pharmacy until 8:30 p.m. and we'll get your Rx to you. It's our hope this will not involve a flood of requests, as the pharmacist on site during those hours has inpatient obligations. If it does, we'll regroup and decide what modifications need to be made.

## **What if I'm seen at Ready Care after 5 p.m. on a weekday or after noon on either Saturday or Sunday and need a Rx right away?**

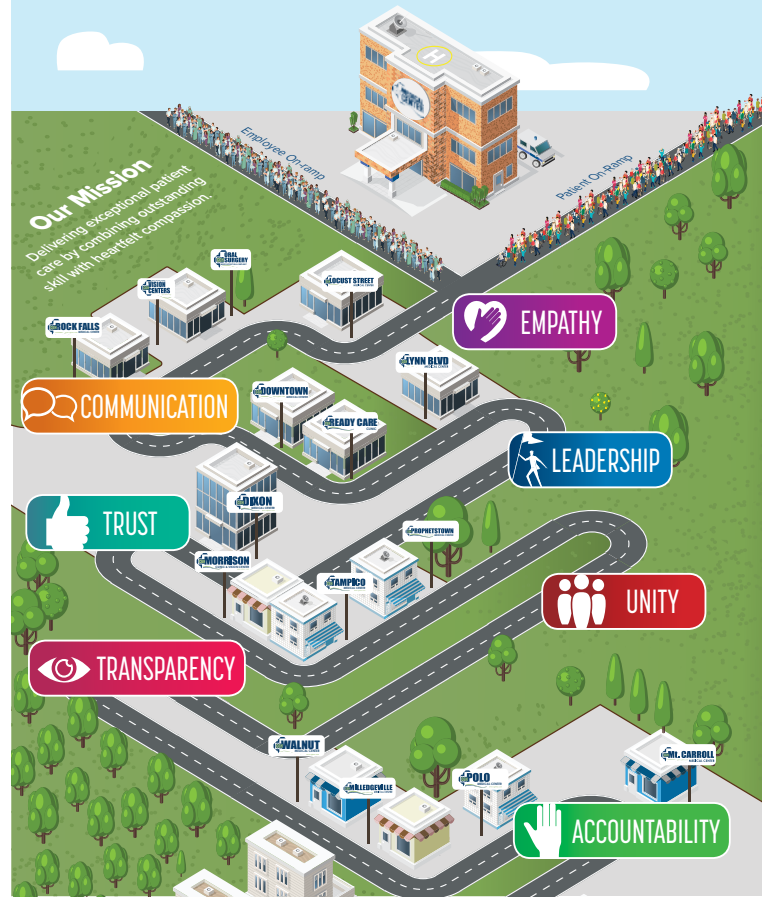
If your Physician/NP or PA at Ready Care needs you to begin a medicine right away and you want to use the CGHMC pharmacy, we need you to have them do 2 things.

- (1.) Use e-prescribe to send the prescription to us. It will be processed the next day our retail pharmacy is open (M-F 8 a.m.-5 p.m., Saturday 8 a.m.-noon).
- (2.) Have them call the CGHMC pharmacy at extension 4455 and let the pharmacist know what you need. We'll make available the number of pills needed to get you through until the prescription is filled. Come in to the hospital and press the buzzer at the pharmacy and we'll get you your meds your physician/NP or PA wants you to begin taking right away. You'll need to pick up your full prescription the next retail business day.

Our Journey in Patient Experience

# Culture of Caring

One Mission. One Vision. One Team.





## CGH Employee Mandatory Education FY 2017-18 Completion required by April 30

# Growing Healthier Speaker Series

Dialogue that Makes a Difference

## Get Smart About Antibiotics

Wednesday, November 29 • 6 p.m.

Presented by: Dr. Cordus Easington & Gina Superczynski, RN

CGH Ryberg Auditorium, 100 E. LeFevre Road, Sterling, IL

Registration appreciated but not required. To register, visit [www.cghmc.com/growinghealthier](http://www.cghmc.com/growinghealthier) or call (815) 625-0400 ext. 5672 for more information.



Or visit us at:  
[www.cghmc.com/foundation](http://www.cghmc.com/foundation)



# NOVEMBER 2017

## Employee of the Month



**Tom Hartman**  
EMT-B, Pre Hospital



**I live in:** Rock Falls

**Joined CGH on:** December 14, 2009

**Education:** Chadwick High School

**Family:** Wife, Ruth; sons, Chad (Erin) and Nathan (Cami); daughter, Emily (Ryan); grandchildren, Braden, Bryce, Caden, Grant, Jaxon and Adyson

**Proudest Achievement:** Marriage for 41 years, 27 years as an Operating Engineer, and watching grandchildren grow

**Hobbies:** Watching grandchildren play sports

You will never meet a more dedicated employee than Tom Hartman. Tom is a PRN employee but he puts in full time hours and then some. Tom goes above and beyond what is asked of him by coming in most any time he is called to cover an out of town transfer, a shift opening, or when we have a rapid influx of calls and need additional staff. For a PRN employee, we see him as much as we do our full time staff. Tom is very flexible and is willing to change work assignments or changes in shifts without complaint. When Tom is called in, he is here in a moment's notice. Tom always comes walking through the door with a smile on his face and ready to work. Tom is not only a great employee but is also a great mentor to our new staff and is very respected by full time staff. He shows great compassion to his patients and is respectful to all employees. We can't think of a better recipient for employee of the month than Tom Hartman!

~ Stacey Roberts and Michael McAlvey

**We congratulate him on being chosen November's Employee of the Month.**

*Purpose, Worthwhile Work, Making a Difference!*

### Hospital Happenings

#### \$5 Masquerade Jewelry

Join the frenzy! The CGH Medical Center Auxiliary will be holding the popular \$5 Masquerade Jewelry and Accessories Sale in the Ryberg Auditorium on Thursday, November 16 from 7 a.m. to 6 p.m. and Friday, November 17 from 7 a.m. to 3 p.m. Cash, check, credit/debit cards and payroll deduction (with your badge) will be accepted.

#### Yoga Classes

Yoga classes are being offered in the CGH Ryberg Auditorium on the following **Monday's: November 20, and December 4, 11 and 18.** Class begins at 5:15 p.m. The instructor is Carly Wike and the cost is \$5 per class. Please note that these classes are only open to CGH employees and to HTP students from our workplace wellness partners. Class length is approximately 60 minutes. If you have a yoga mat, please bring one. If you have any questions, please contact Sherry DeWalt at ext. 5716.

#### Employee Influenza Clinic

The employee influenza vaccination clinic will be held on the following dates:

<b>November 10</b>	<b>10 a.m.-noon</b>	<b>Employee Pharmacy</b>
<b>November 28</b>	<b>7-8:30 a.m.</b>	<b>Employee Pharmacy</b>
<b>November 28</b>	<b>3-5 p.m.</b>	<b>Employee Pharmacy</b>
<b>November 29</b>	<b>11:30-1:30 p.m.</b>	<b>Employee Pharmacy</b>
<b>November 30</b>	<b>1-4 p.m.</b>	<b>Employee Health, HR</b>

**November 30 is the deadline for employees to receive the influenza vaccine.**

## HALLOWEEN '17



CGH Locust Street Rehab



NICTC