



Communique

December 21, 2017

A CGH Medical Center Publication

In This Issue:

- Happy Holidays
- Yoga Classes at CGH
- Culture of Caring
- Spring DeLange Scholarship
- Mandatory Education
- CGH Downtown Medical Center Welcomes Julie Wardell
- West Consultants
- What HTP Means to Me
- December New Employees
- 2018 Dental Coverage
- January Birthdays
- January Growing Healthier Program: Pain Management
- Hospital Happenings

Happy Holidays

It's that time of year again – Thanksgiving has passed and the Christmas Season is here.

With the season comes reflection. Our mission at CGH Medical Center remains. We still have sick patients to attend to. We still come to work and do the very best we can. Our patients and community count on us every day. We do excellent work – and continue to strive to do better.

This is a time of year to pause and count blessings. We are privileged to live in a great country with its freedoms and opportunities. At CGH, I feel fortunate to work with remarkable people who do great things with skill and kindness. I hope you take pride in what we do here at CGH, as I do. It is a blessing to be able to be a part of meaningful, purposeful work. For these things and many more I am deeply thankful.

My best wishes to you and yours for a Merry Christmas and a Happy New Year!

Dr. Paul Steinke
President and CEO



*Dr. Paul Steinke
President and CEO*

WISHING YOU A WONDERFUL

*Holiday
Season!*



Yoga Classes at CGH

Yoga classes are being offered in the CGH Ryberg Auditorium on the following Monday's:

- **January 8** (Classroom 1)
- **January 15**
- **January 29**
- **February 5**
- **February 12**
- **February 19**
- **February 26**



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 their families, and to HTP students from our workplace wellness partners. Class length is approximately 60 minutes. If you have a yoga mat, please bring one. Wear comfortable, loose fitting clothing. Yoga is traditionally performed in bare feet.

The money from this class, less instructor fee, will be donated to the CGH Health Foundation's Workplace Wellness initiative. If you have any questions, please contact Sherry DeWalt at ext. 5716.

Spring Delange Scholarship



Applications for the CGH Health Foundation James DeLange Textbook Scholarship for the spring semester are due Friday, Jan. 12.

Grants are awarded three times yearly, up to \$300. All full- and part-time CGHers are eligible as long as you have been here for at least a year. The application

is on Lifeline under CGH Health Foundation Scholarships or by emailing Joan Hermes. Individuals can apply each semester, but can only receive funding once per year. Call Joan at ext. 5672 for more information.

Culture of Caring

Your manager has been talking with you all year about the Culture of Caring concept meetings of which they are active members.

Now it's your turn! We want to hear from you!

1. Which skills that your manager has brought to your team have been helpful to you?
2. What additional skills do you want in regards to Empathy or Communication?
3. What ideas do you want to offer on how to continue improving the patient experience?

Please email, call (ext. 4872) or visit me! Thank you!

We will also be rounding with departments in January through your manager's invite. Have a wonderful and safe holiday season!

Katy Renkes

Department of Patient Experience

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



CGH Downtown Medical Center Welcomes Julie Wardell, APRN, FNP-BC

We are pleased to welcome Julie Wardell, APRN, FNP-BC to the CGH Downtown Medical Center. A Family Nurse Practitioner, Julie received her bachelor's degree in nursing from Saint Anthony College of Nursing in Rockford, and her master's degree from Chamberlain University in Downer's Grove. She is certified in Basic Life Support, Pediatric Advanced Life Support, and Advanced Cardiovascular Life Support.

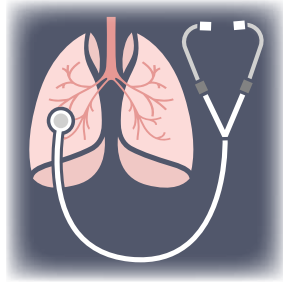


(815) 625-0226
15 West 3rd Street, Sterling, IL
www.cghmc.com



West Consultants

We are pleased to announce that West Consultants is now providing pulmonary and critical care services at CGH Medical Center. West Consultants provide expert diagnosis of patients with lung diseases in our Pulmonology department at CGH Main Clinic, and of critically ill patients in our Critical Care Unit at the hospital.



David West, MD; Sarah Alderman, MD, FCCP, FACP, ACP; and Sylvia Hatseras, MD specialize in pulmonary and critical care medicine and will be seeing patients at both CGH Medical Center and CGH Main Clinic. We are currently accepting new pulmonology patients at CGH Main Clinic, 101 E. Miller Road in Sterling. To make an appointment, please call (815) 625-4790.

What HTP Means to Me

The goal of the HTP program is to teach lifestyle skills that 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.

Why did you join the HTP program?

I joined the HTP Program for many reasons. One of the reasons was my future. Although I wasn't battling any particular issues due to my weight, I was concerned that if I continued on the path I was going, it could end with some serious consequences. Heart and thyroid conditions are both problems that run in my family, and I would hate to amplify my chances of developing those problems. In the words of Dr. Kim Williams, "I don't mind dying. I just don't want it to be my fault."



Allison Cook
Receptionist
Vision Center

My son was another important reason for joining HTP. Despite the fact that I'm only 22, because of my weight, I had a hard time keeping up with my three year old son. I knew that I wanted to be here for my son for as long as I could, and in order for that to happen, I needed to take care of myself and take that leap.

What changes did you see in your health/body?

The changes that my health and body went through were surprisingly drastic, but in the best way possible! Within the first three months of the program, I noticed I was getting better sleep. I had more energy during the day, and my blood pressure had gone down. By June I had lost a large chunk of weight, my bad cravings had almost completely disappeared, and I found myself smiling a lot more! By September I felt stronger, and I was able to complete my very first 5K! And by October, 10 months into the program I had lost 60lbs and 10 inches off my waist. Even though the program is over, I will still continue to strive for my weight loss and fitness goals!

What would you tell fellow employees that are considering participating in the HTP program?

I would tell any fellow employee who's considering HTP to stop considering, and just do it! Not only will you learn about health and fitness, but you will become a healthier version of yourself along the way. You'll be working along side two incredible coaches, who's only goal is to help you succeed and live a healthy life! Not only are they knowledgeable but they are two people who have been in your shoes, and are able to work with you on a personal level. Not to mention you will learn all about the science of health and go home with a lot of tasty recipes to try! If you join this program, I can promise you that you will meet new and amazing people who by the end of the year will become your second family! My best advice is to take the leap!



December New Employees



Front Row (L - R): Carlie Bauer (Café Worker, Dietary); Ryan Zschesche (Café Worker, Dietary); Nikki Slock (RN, Medical Floor); Tearra Gallentine (Accounts Payable Coordinator, Accounting); Kacey Batten (CNA, Medical Floor); Zita Valdez (Food & Nutrition Assistant, Dietary)

Back Row (L - R): Allie Yemm (Physical Therapist, Physical Therapy); Aubrey Bush (HUC/CNA, Emergency Department); Jonaiya Olalde (Medical Assistant, Family Medicine, CGH Downtown Medical Center); Joe Kelly (Cardiac Monitor Tech, Critical Care Unit); Bryson Helfrich (Food & Nutrition Assistant, Dietary); Jennifer Jimenez (Phlebotomist, Laboratory)



January Birthdays

- | | |
|------------------------|-----------------------|
| 1 Karen Kramer | 17 Tamberlan |
| 1 Anja Wolf | Latchford |
| 2 Lareene Cousins | 17 Grace McCullough |
| 2 Natalie Jones | 17 Verna Rollo |
| 2 Nicole Jones | 18 Margaret Degolyer |
| 3 Alana Barrett | 18 Penny Dingus |
| 3 Jennifer Hurd | 18 Lisa Goad |
| 3 Eric Riley | 18 Cathy Hawkins |
| 4 Brenda Kroninger | 18 Brennecke |
| 4 Brianna Maas | Hutchison |
| 4 Dawn Siperly | 18 James Miller |
| 5 Rebekah Funderberg | 18 Lori Phalen |
| 5 Stacy Kalina | 18 Jamie Shockley |
| 5 Teresa Kikuts | 19 Laurence Brandon |
| 5 David Lahey | 20 Angela Stralow |
| 5 Jackie Payne | 20 Alyxandra Ward |
| 5 Janelle Stenzel | 21 EmmaLea Bittner |
| 5 Janice Valdez | 21 Anne Nehrkorn |
| 6 Brynn Ganz | 21 Claudia Sauer |
| 6 Miranda Pumfrey | 21 Kristin Todd |
| 7 Rickey Burge | 21 Nancy Trancoso |
| 7 Beth Peugh | 23 Megan Benyo |
| 7 Bradley Willis | 23 Emily Crossley |
| 8 Sarah Alvarez-Brown | 23 Corinna Fortune |
| 8 Andrew Bird | 23 Tiffany Nutt |
| 8 Dennette Brown | 23 Kelli Teske |
| 8 Katelyn Everett | 23 Laurie Wilkinson |
| 8 Ashley Roux | 24 April Celestino |
| 8 Christi Ryan | Fischer |
| 8 Laurie Sheridan | 24 Rebecca Foy |
| 9 Robert Coleman | 24 Kymberly Hayen |
| 9 Samantha Swanson | 24 Noemi Hicks |
| 10 Amanda Englund | 24 Julia Jordan |
| 10 Joan Hermes | 24 Todd Roberts |
| 10 Amanda Lillie | 25 Amanda Blaine |
| 10 Kristy Rice | 25 Mark Moran |
| 10 Chris Ryan | 25 Jennifer Stampfler |
| 10 Bethany Shearer | 26 Gail Henson |
| 11 Steven Blum | 26 Daniel Hovey |
| 11 Trevan Burn | 26 Beda Walzer |
| 12 John Hahn | 27 Carol Devers |
| 12 Danielle Lesniewski | 27 Staci Dirks |
| 12 Caden Thueson | 27 Kasey Magill |
| 12 Griffin Thueson | 28 Ashley Atilano |
| 13 Christina Byvick | 28 Mary Eisenberg |
| 13 Erica Davilo | 28 Jayni O'Brien |
| 13 Jodi Thompson | 28 Theresa Rogers |
| 13 Sara Urbanowitz | 28 Sue Todd-Johnson |
| 13 Julie Zuidema | 29 Adam Beien |
| 14 Melissa Cox | 29 Jennifer Ferris |
| 14 Molly Diaz | 29 Jamie Lehman |
| 15 Katelyn Carp | 29 Megan Maas |
| 15 Janelle Folkers | 29 Annette VanLanduit |
| 15 Jill Gonigam | 30 Kira Aldridge |
| 15 Sherri Graham | 30 Alexis Klenz |
| 16 Leigha Schrader | 31 Ashley Cameron |
| 16 Erik Young | 31 Brook Elmendorf |
| 17 Bethany Conrady | |
| 17 Debra Keaschall | |


Speaker
Growing Healthier
Dialogue that Makes a Difference
Series

JANUARY



Pain Management

Thursday, January 25

6:00 p.m.

CGH Ryberg Auditorium
100 E. LeFevre Road, Sterling

Presented by: **Dr. Eric Kuhns**
CGH Main Clinic Family Medicine

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

Hospital Happenings

Gingerbread House Decorating Contest

Watch your email for the results from our Gingerbread



House Decorating Contest. Photos and results will be included in the January 4 issue of Communique.

Blood Pressure and Blood Sugar Screenings

Screenings are held on the first Thursday of the month (**January 4**) from **8 to 9:30 a.m.** in the CGH Main Clinic lobby; second Thursdays (**January 11**), from **11:30 a.m. to 1 p.m.** in the CGH Medical Center lobby; third Thursdays (**January 18**), from **3 to 4:30 p.m.** at County Market in Sterling; and third Fridays (**January 19**) at Westwood Fitness & Sports Center in Sterling.

Ugly Sweater Photos

Send your department's "Ugly Sweater" pictures to Elizabeth.Foster@cghmc.com for inclusion in the next issue of Communique.

Below: Pharmacy department staff model their festive holiday wear at work.

