



Communique

January 18, 2018

A CGH Medical Center Publication

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Did you know that every 80 seconds a woman dies from cardiovascular disease? That means 1 in 3 women die of heart disease and stroke each year, compared to 1 in 8 dying from breast cancer.

In honor of Wear Red Day on Friday, Feb. 2, all CGHers are invited to wear red. Special red t-shirts have been sold and are still available through the CGH Health Foundation for \$10/\$12. Call ext. 5575. Check with your manager on your department specific guidelines for wearing these shirts during February.

Take a photo of you and fellow staffers Going Red and email to Liz Foster in Marketing to post on Facebook, Instagram and Twitter.

Go Red on Friday, February 2



CCU staff is ready to Go Red in February! Pictured from left to right are Renee Stach, Jayden Veracini, Julie Egan, Heather Trotter and Brailey Johnson.

GO RED IN FEBRUARY

GET YOUR RED T-SHIRT
\$10, small to XL • \$12, 2X and 3X



Available Tuesday, Jan. 23
11 a.m. to 1 p.m.
Near Employee Elevators



The national day, sponsored by the American Heart Association, draws attention to the fact that more women are dying now from heart disease than men. The good news is that 80 percent of cardiac events may be prevented with education and lifestyle changes.

“By going red in your own life, women and men alike can make lifestyle changes to reduce your risk of heart attack,” said Sherry DeWalt, CGH Health Foundation Healthy Lifestyles Coordinator and ACE Certified Health Coach. “Just knowing your numbers could save your life. Keep blood pressure in check, cholesterol low, weight reasonable, and activity up. And, don't smoke!”

But it doesn't affect all women alike, and the warning signs for women aren't the same in men. There are several misconceptions about heart disease in women, and they could be putting you at risk. What's more: These facts only begin to scratch the surface.

Go Red For Women is a national movement to convince women to learn the most critical numbers in their life: blood pressure, total cholesterol, HDL (good cholesterol), blood sugar and Body Mass Index (BMI).

Culture of Caring

One Mission. One Vision. One Team.



“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”

CGH Employee Caring Fund Spring Scholarship Winners



The CGH Employee Caring Fund is proud to announce spring 2018 scholarships winners: Meaghan Balsey (Rheumatology, pictured on the left) and Trisha Richards (Ready Care, pictured on the right). Meaghan and Trisha each received \$500 scholarships.

The CGH Caring Fund Scholarship was created in 2014 by the CGH 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.

CGH Mandatory Education FY 2017-2018

CGH Employee Mandatory Education FY 2017-2018 completion required by April 30

Double click on the CGH University icon located on all CGH computers. Check out the CGH University TO DO page for your regulatory requirements.

If you have any questions, please contact Bill McFalls at William.McFalls@cghmc.com.



Growing Healthier Speaker Series

Dialogue that Makes a Difference

Managing Pain in an Era of Opioid Crisis

Thursday, January 25 • 6:00 p.m.

Presented by: Dr. Eric Kuhns

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

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

Or visit us at:
www.cghmc.com/foundation



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

Now Offering DOT Physicals



CGH Main Clinic is now offering Certified DOT Physicals by Certified Medical Examiner and CGH Nurse Practitioner Tracey Aude.

Tracey is accepting appointments Monday through Friday, 8 a.m. to 4 p.m. in the Internal Medicine department. To schedule an appointment, please call extension 3006.



Tracey Aude
RN, MSN, CNP

In addition, Tracey will be conducting Certified DOT Physicals at the CGH Walnut Medical Center on Monday, February 26 from 8 a.m. to 4 p.m. To schedule an appointment in Walnut, please call (815) 379-2616.

Yoga Classes at CGH

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

- 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 open to CGH employees and their families and friends, 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.

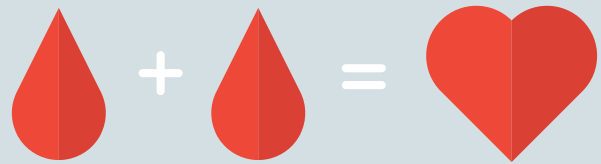
January New Employees



Front Row (L - R): Ryan Bohms (EMT-B, Pre-Hospital); Cindy Stone (Housekeeper I, EVS); Marcy Romero (EMT-B, Pre-Hospital); Misty Ratledge (Housekeeper I, EVS); Julissa Perez (CNA, Float-Hospital); Esmerelda Perez (Housekeeper I, EVS)

Back Row (L - R): Chico Alejo (RN, Cath Lab); Jobelle Gamboa (RN, Cath Lab); Emma Haak (CNA, Surgical Floor); Irma Solis-Nieto (Food & Nutrition Assistant, Dietary); Jessica Lawson (Food & Nutrition Assistant, Dietary); Andy Cruse (Electrician, POM)

YOU CAN DONATE EVERY 56 DAYS!



Give Blood, Give Life, Be a Hero!

BLOOD DRIVE

Thursday, February 1, 2018

9:30 a.m. to 7:30 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

Donors will be entered into a drawing for a chance to receive a gift certificate from The Butcher Shop, LLC



3309 W Rock Falls Rd,
Rock Falls, IL
(815) 632-3931



You can save up to 15 minutes when you donate blood by using RapidPass!
Visit redcrossblood.org/RapidPass for more information.

February Birthdays

1 Erika Boostrom	15 Jennifer Rogers
1 Ted Bryant	15 Christina Rowzee
1 Alyssa Buch	15 Shelly Whitman
1 Brenda Calderon	16 Tara Ames
1 Ryan DeBrock	16 Ashley Dahlquist
1 Kristine Gallardo	16 Michael Fritz
2 Kay McGrath	16 Nicole Jones
2 Priscilla McNeill	16 Samuel Twining
2 Billy Rahn	17 Jenna Harris
2 Maria Riggs	17 Debra Hussung
2 Todd Swanson	17 John Luckey
2 Jennifer Wolf	17 Tara Olsen
3 Nicole Gragert-Lynch	17 Lynsey Smith
3 Douglas Heeren	17 Elizabeth White
3 Sarah Tribley	18 Erin Allen
4 Dorothea Brown	18 April Bull
4 Andrea Lynch	18 Alyse Church
5 Jennifer Lopez	18 Jane Hayen
5 Heather Swanson	18 Laura Kramoski
5 Kimberly Williamson	18 Dean Nelson
6 Elizabeth Goff	18 Stacie Shipma
6 Erica Grote	19 Drew Carroll
6 Sarah Hadley	19 Trisha Frump
6 Julia Headrick	19 Marisa Rodriguez
6 Jennifer Hinton	19 Jackson Terry
6 Christy Quinn	19 Angela Tschosik
7 Deborah Celestino	20 Pamela Charleston
7 Judy Hammett	20 Sabrina Heath
7 Lisa Livingston	20 Dacia Hutchison
8 Rajan Gopal	20 Brenda Porter
8 Kelly McDuffy	20 Jill Vegter
8 Betty Reed	20 Amy Young
9 Joseph Alden	20 Beriah Zigler
9 Diana Hanson	21 Becky Buss
9 Teagen Hinrichs	21 John Niemann
9 Lindsay Hoyle	21 Christina Ruth
9 Elizabeth Kalas	22 Luis Camacho
9 Cassidy Reese	23 Ronda Davison
10 Tammy Chino	23 Jennifer Gehrke
10 Jamie Hay	23 Mercedes Johnson
10 Dorothy Montanez	23 John Terry
11 Jessica Cook	24 Susan Bush
11 Melissa Cushman	24 Jodi Dempsey
11 Makenzie Dolan	24 Debbie Kelly
11 Lisa Gordon	24 Michelle Lenox
11 Jeanette Hunter	25 Jessica Boyles
11 Tracy Martin	25 Cynthia Fargher
11 Tracey McCaslin	25 Branninghan Hutchison
11 Candice McNinch	25 Micah McNeill
11 Jessica Pageloff	25 Nanette Metzler
12 Ashley Hamilton	25 Jessica White
13 Dominique DeLaFuente-Penaflor	26 Debora Beveroth
13 Marcia Ellis	26 Shelly Christensen
13 Karen Habben	26 Laura Emmole
13 Billie Kaprelian	26 Danca Luchici
13 Kayhla Shomaker	26 Koren McClearin
14 Natalie Henry	26 Pennie Schrader
15 Aaron Bass	26 Shannon Scroggins
15 Michelle Belha	26 Elizabeth Williams
15 Andra Collins	27 Tommy Rice
15 Kayla Gaffey	27 Sonya Schilpp
15 Emily Holldorf	29 Michael White

Temporary Visitor Restrictions

As a reminder, temporary visitor restrictions are currently in place at CGH Medical Center.



- Please limit visitors to 2 adults per patient at any time. Limiting the number of visitors per patient will help control the spread of the illness.
- Please do not bring your children on hospital visits. Since children are more likely to get sick and spread influenza, our staff will only allow children under the age of 18 to visit in special cases with prior approval from the patients' healthcare team.
- Please wash your hands frequently. Please make sure you clean your hands when entering and leaving the patient's room by washing with soap and water or rubbing your hands together with hand sanitizer which is located in every patient room.
- Please do not visit the hospital if you have symptoms of the flu. Signs of the flu include fever, cough, sneezing, runny nose or sore throat.
- If you haven't already, get the flu vaccine. Getting the simple shot can help increase your chances of staying healthy and avoid getting others sick.
- Patients coming to the CGH ED or outpatient clinics with influenza symptoms will be asked to wear a mask.

Hospital Happenings

Blood Pressure and Blood Sugar Screenings

Screenings are held on the first Thursday of the month (**February 1**) from **8 to 9:30 a.m.** in the CGH Main Clinic lobby; second Thursdays (**February 8**), from **11:30 a.m. to 1 p.m.** in the CGH Medical Center lobby; third Thursdays (**February 15**), from **3 to 4:30 p.m.** at County Market in Sterling; and third Fridays (**January 19, February 16**) at Westwood Fitness & Sports Center in Sterling.

Cholesterol Screenings

If you need your cholesterol checked, make an appointment at one of our upcoming screenings on **Thursday, February 22** or **Friday, March 23, 6 to 9:20 a.m.** 12-hour fast and appointment required. Call ext. 5716.

Prevention of Heart Disease

Join us on Thursday, February 22 for our Growing Healthier Speaker Series, featuring Dr. Ismaila Bello at 6 p.m. in the CGH Ryberg Auditorium. Heart disease is often avoidable and living a heart-healthy lifestyle doesn't have to be complicated. Call ext. 5716 to register. Enjoy refreshments and giveaways.



Dr. Bello