



Communique

February 1, 2018

A CGH Medical Center Publication

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CGH Pictorial Directory and FREE Family Photo Sessions

CGH Medical Center is going to be offering a printed photo directory of employee head-shots similar to a church directory. Photographers from Grot Imaging Studio will be available on site to take new head-shots of all CGH employees and providers or offer family sessions. All are eligible for a free 5x7 print of your choosing.

Grot Imaging Studio will be set up in Classroom 1 and 2 on the following dates taking **employee head-shots**:

- Thursday, February 15, 10 a.m. to 4 p.m. in Classroom 1
- Thursday, February 22, 10 a.m. to 4 p.m. in Classroom 2
- Friday, February 16, 10 a.m. to 4 p.m. in Classroom 2
- Friday, February 23, 10 a.m. to 4 p.m. in Classroom 2

Sign up is strongly encouraged but walk-ins will be accommodated. **Visit www.heartbeatcgh.com/photos to reserve a time.** Badge images will be used in the directory for employees who cannot make any scheduled dates.

In addition, **FREE family photography sessions** will also be offered with **employee head-shots** at special times for those interested. Each family session lasts 15 minutes and includes family pictures and an employee head-shot of each CGH staffer. There will be an opportunity to view and purchase any additional images directly after the shoot. All purchases are payroll deduct eligible, but no purchase is necessary. Package pricing and information will be on the Heartbeat. Email dana.mccoy@cghmc.com if you have questions or need additional information.

Grot Imaging Studio will be set up in classroom 1 and 2 on the following dates offering **FREE family photography sessions**:

- Thursday, February 15, 4 to 7 p.m. in Classroom 1
- Thursday, February 22, 4 to 7 p.m. in Classroom 2
- Friday, February 16, 4 to 7 p.m. in Classroom 2
- Friday, February 23, 4 to 7 p.m. in Classroom 2
- Saturday, February 17, 10 a.m. to 4 p.m. in Classroom 2
- Saturday, February 24, 10 a.m. to 4 p.m. in Classroom 2

An appointment is required. **Visit www.heartbeatcgh.com/photos to reserve your session.** Each person registered for a family session will be entered to win a FREE 20x24 canvas print from their session.

Please note that one additional time in March will be added if the scheduled dates fill up.

GO RED IN FEBRUARY

In recognition of American Heart Month, CGH Medical Center has planned several heart happenings to help spread the word about the importance of having a heart-healthy lifestyle.

Join us for the following Heart Month activities:

- **Friday, February 2:** 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.
- **During the month of February,** the CGH Fresh Café will be offering heart healthy options sponsored by the CGH Health Foundation. The public is invited to try these specials:
 - February 5-9th will feature Heart Healthy options from our Heart Healthy Menu (just look for the red heart on the menu.)
 - February 12-16 is Eat Red week – featuring various red food items in the cafeteria.
 - February 19 – 23 – “Lettuce (Let us) sponsor your salad” featuring a \$1 discount on your salad bar purchase.
- **Wednesday, February 14:** CGH Home Nursing will be presenting a free health discussion on common problems and common solutions with heart disease at 10:45 a.m. at Whiteside County Senior Center.
- **Tuesday, February 22:** Growing Healthier Speaker Series, featuring **Dr. Ismaila Bello** at 6 p.m. **“Prevention of Heart Disease”** in the CGH Ryberg Auditorium. Registration appreciated but not required. Call ext. 5716 to register.
- **Tuesday, February 22:** For \$30, get your total cholesterol, triglycerides, LDL, HDL, glucose, blood pressure and health information at the February Cholesterol and Glucose screening. A 12 hour fast and appointment is necessary for this event. Call ext. 5716 to make an appointment.
- **Get your numbers with free blood sugar and blood pressure screenings** provided by the CGH Health Foundation. These are free and do not require fasting: Thursday, February 8, 11:30 a.m. to 1 p.m., CGH Medical Center lobby; Thursday, February 15, 3 to 4:30 p.m., County Market, Sterling; and Friday February 16, 8 to 9:30 a.m., Westwood Fitness & Sports Center.

New Equipment for Cardiology



A new \$44,568 portable echocardiogram machine has been purchased by the CGH Health Foundation, with a bequest from the late Maxine Hall, Sterling.

The portable ultrasound machine will be located in the Critical Care Unit. The request was made so cardiologists could access an ultrasound machine in situations requiring an immediate evaluation. In addition, this machine can be used for pulmonary and vascular images by simply changing probes.

CGH employees and Foundation trustees gathered Wednesday to unveil the machine and present the check for the unit. They included, front row from left, Kris Ratliff, ECHO tech, Alice Vetter, RN, Cardiology and Critical Care Director, and Crystal Tropp, ECHO Tech; back row from left; Kristie Geil, CGH Chief Nursing Officer and Foundation trustee, Dr. Steven Mackay, CGH Cardiologist, Dr. Paul Steinke, CGH President and CEO, and Amy Springman, Foundation Board vice chair.

Yoga Classes at CGH

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

February 5, February 12 and February 19.

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.



One America Visit

One America will be making an on-site visit to conduct individual appointments on Monday, February 5 in the Ryberg Auditorium from 8 a.m. to 3 p.m.



They are here to help educate employees on the CGH Medical Center retirement plan, walk you through the enrollment process and online platform, and answer any sort of financial and retirement questions you may have.

If you would like to set up an individual appointment please e-mail tracey.mccaslin@cghmc.com and let her know a couple time options that work best for your schedule.

NEW VENDOR!

GENEVA DISTRIBUTING LINENS

COMING MARCH 2018!

SPONSORED BY THE CGH AUXILIARY

LUXURY & COMFORT LINEN SALE!

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.

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.



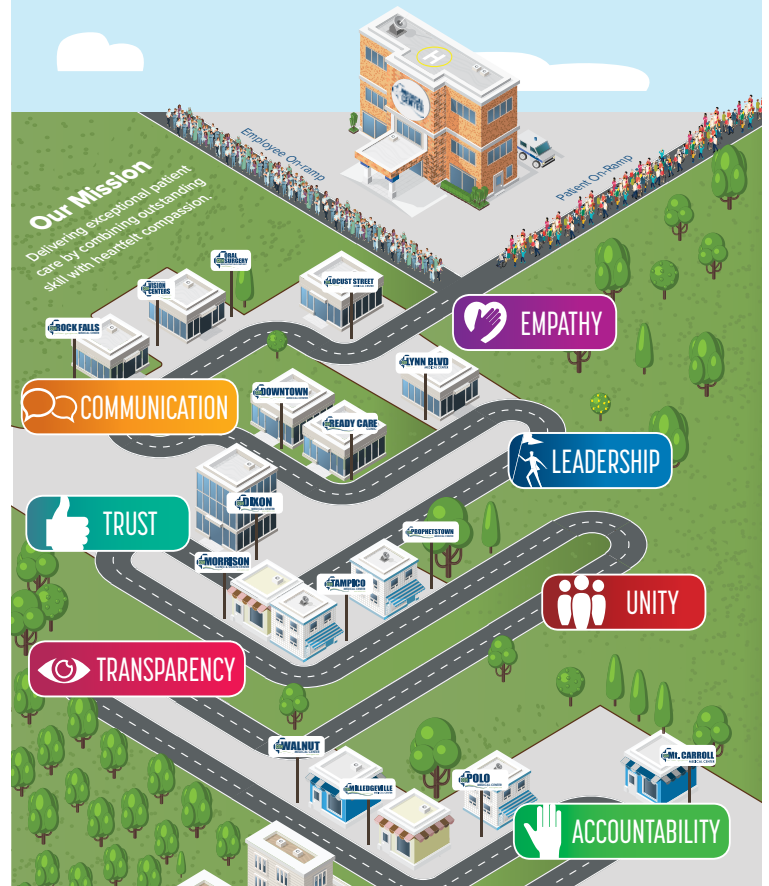
Tracey Aude
RN, MSN, CNP

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.

Our Journey in Patient Experience

Culture of Caring

One Mission. One Vision. One Team.



FEBRUARY 2018

Employee of the Month



Brad Willis

Patient Accounts Analyst, Patient Accounts



I live in: Sterling

Joined CGH on: August 12, 2013

Education: High School, some college

Family: Wife, Analiese; daughters, Elin (7) and Emelia (4)

Proudest Achievement: Becoming a husband and father, and joining this wonderful CGH team

Hobbies: Watching competitive cooking shows with my wifey, playing pool leagues/state tournaments, and most importantly spending as much time as I can with my beautiful and extremely intelligent daughters

Brad is an asset to not only Patient Accounts, but also to CGH Medical Center. He displays professionalism and empathy when dealing with patients facing difficult situations including medical issues or financial worries. He goes above and beyond always with a smile on his face and assures that he answers any questions or concerns they may have. His expression of empathy to patients and those around him is nothing short of exceptional. Brad exemplifies what a true Employee of the Month is and is very worthy of this honor. Brad truly goes above and beyond in all aspects of his position routinely; this is part of who he is.

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

Purpose, Worthwhile Work, Making a Difference!

Hospital Happenings

Blood Pressure and Blood Sugar Screenings



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



Dr. Bello

GO RED

G: GET YOUR NUMBERS

O: OWN YOUR LIFESTYLE

R: REALIZE YOUR RISK

E: EDUCATE YOUR FAMILY

D: DON'T BE SILENT

