



Communique

March 15, 2018

A CGH Medical Center Publication

In This Issue:

- Groundbreaking for New CGH Rock Falls Medical Center
- CGH Wins United Way "Company of the Year" Award
- CGH Scholarship Deadline
- CGH Pictorial Directory Thank You
- Blood Drive
- Certified Nurses Day
- March New Employees
- IPOC Go-Live
- Save the Date
- March Employee of the Month
- Hospital Happenings
- Culture of Caring

Groundbreaking for New CGH Rock Falls Medical Center

In order to provide our Rock Falls community members more convenient access to primary care services, CGH broke ground on the future home of the new CGH Rock Falls Medical Center at 1315 Dixon Ave. on Wednesday, March 7.

The new 7,000-square-foot facility will accommodate four full-time primary care providers and will feature a drop-off canopy and more adequate parking. Construction begins this spring and the facility is expected to open by January 2019.

During construction, primary care patients will still be seen at the current 100 West 1st Street location by pediatrician Manorama Hermon, MD, FAAP, and family medicine nurse practitioners Donna Cook, APN, NP-C; Jennifer Garriott, APN, FNP-BC; and Toni Ikens, APN, FNP-BC.



Pictured from L to R at the CGH Rock Falls groundbreaking are Bill Wescott, Mayor of Rock Falls; Skip Lee, Mayor of Sterling; Shane Brown, VP of CGH Clinics; Dr. Paul Steinke, President and CEO; and Andy Moore, CGH Board Chair.



CGH Wins United Way "Company of the Year Award"

On Wednesday United Way of Whiteside County announced at its annual recognition and celebration luncheon that the agency raised \$752,000 through the 2017 campaign.

CGH Medical Center won "Company of the Year" for raising the most money, consistently allowing the United Way a presence among hospital staff during the campaign, having a representative on the United Way Board of Directors, providing additional fundraising opportunities year-round, and helping lead the United Way's campaign cabinet.

Thank you to all CGHers that help support United Way in our local communities!



Robbie Minor, United Way Campaign Chairman, presents Kristie Geil, Vice President of Patient Care Services and CNO, the "Company of the Year" award.

CGH Scholarship Deadline

Need some help with your college tuition? Nearly \$36,000 in nursing and healthcare scholarships is available through the CGH Health Foundation and CGH Auxiliary.

It's easy to apply by going to cghmc.com/scholarships. There is one application for the Foundation, with a deadline of Friday, April 6 and a separate one for the Auxiliary, with a deadline of Sunday, April 1.

Questions? Contact Joan Hermes, ext. 5672, about the Foundation scholarships and Deb Keaschall, ext. 5727, concerning the Auxiliary awards.

Students must have already been accepted into their professional field of study to be eligible. That means all of your general education courses are complete and you are ready to begin your professional studies (or are continuing in your professional curriculum). On-line programs will be funded in addition to traditional courses at a campus. Nursing includes CNA, MA, LPN, RN, BSN, MSN or any other designation. Those pursuing a medical, pharmacy or physical therapy degree are not eligible unless you are already accepted into medical, pharmacy or PT school.

In addition, there is one healthcare scholarship open to just CGHers and their children. The CGH Health Foundation Blue Sky Healthcare Education Scholarship application is due Friday, March 23. See Lifeline for the form or contact Joan Hermes.

The CGH Health Foundation James DeLange Textbook Scholarship is available each semester. Applications for the summer semester are due Friday, April 27. See Lifeline for the form or contact Joan Hermes.

CGH Pictorial Directory Thank You



"I received my images that I ordered during my family's mini-session and I wanted to take a moment and express my gratitude. Thank you so much for organizing this and providing the opportunity for employees to have a free family mini-session. Jim Grot was fantastic during the shoot and worked so well with my girls. The images he captured of my family are priceless. It is so nice to work for an employer that is in the business of not only taking care of patients, but their employees too."

EmmaLea Bittner
Billing Support Specialist



BLOOD DRIVE

Thursday, April 5, 2018

9:30 a.m. - 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

Enter for a chance to win
a basket from the
Twin Cities Farmers Market



Twin Cities Farmers Market
106 Ave A, Sterling, IL 61081



Certified Nurses Day • March 19

Certified Nurses Day is a national day of recognition each year on March 19. On this day we have the privilege of recognizing and honoring the important achievement of certification in a nursing specialty. It also provides a perfect opportunity to acknowledge and thank certified nurses for their hard work, dedication and commitment to excellence. Having a nurse be board certified contributes to higher standards of patient care, providing better outcomes for our patients.



"In honor of national Certified Nurses Day, and every day, we want to sincerely thank the many nurses at CGH for their dedication and commitment, said Valerie Sigafus, Program Director, Nursing Professional Practice and Education. "We are especially proud of the nurses who have demonstrated their willingness to go above and beyond in demonstrating their commitment to excellence to our patients by pursuing and maintaining certification in their respective areas of expertise."

At CGH, we have several nurses certified in their specialty areas, including Medical-Surgical Nursing, Pain Management, Wound Care, Perioperative and Perianesthesia Nursing, Obstetrics, Oncology, Emergency and Critical Care Nursing, Infection Control, Emergency Management, Nursing Professional Development and one who is a registered Cardiovascular Invasive Specialist.

Nurses interested in becoming certified can contact either their manager or the Staff Development department at CGH.

March New Employees



Front Row (L - R): Madison Zellmer (MLA, Laboratory); Delaney Scott (MLA, Laboratory); Delaney Morrison (Physical Therapy Assistant, Physical Therapy-Morrison)

Back Row (L - R): Sean Landis (Delivery Driver, Materials Management); Doris Saile (RN, Critical Care Unit); Casey LaFrentz (RN, Critical Care Unit); Vanessa Kitsmiller (CNA, Float-Hospital)



Front Row (L - R): Sydney Lebahn (CNA, Float-Hospital); Jessica Robles (RN, Emergency Department); Kirk Spielman (Electrician, POM)

Back Row (L - R): Emma Melton (Housekeeper I, EVS); Emily Jones (Medical Assistant, Lynn Blvd); Taylor Anderson (LPN, Orthopaedics-Josh Wade); Kayla Ackert (CNA, Emergency Department)

IPOC Go-Live



IPOC Go-Live is April 3, 2018. Mandatory Education Sessions for Nurses Begin March 19 and end March 30.

Please note that Education Sessions exclude ED, Cardio Lab, OR and Pain Clinic.

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

Save the Date

It's time to start planning for the CGH Health Foundation's annual Silent Auction, Bake Sale and Dessert Auction. Please help make these events bigger and better than ever! If you would like to donate a basket or dessert item, contact Amanda Blaine (ext. 5575) or one of the co-chairs listed below as soon as possible! All proceeds go to the 2018 Annual Appeal.



Bake Sale & Dessert Auction: Tues., May 8 • 7 a.m. to 1 p.m.
Co-Chairs: Janice Repass, Main Clinic GI, ext. 3215 and Kim Przysucha, Main Clinic GI, ext. 3630

Silent Auction: Friday, May 11 • 7 a.m. to 4 p.m.
Co-Chairs: Mimi Hicks, Daycare, ext. 5745 and Rod Miniel, Lab, ext. 6030

MARCH 2018

Employee of the Month



Karen Kaiser
RN, Medication Refill



I live in: Sterling

Joined CGH on: November 12, 2007

Education: Madison General School of Nursing

Family: Husband, Richard; three married children, Daniel, Karina and Mark; their spouses; and 10 fantastic grandchildren

Proudest Achievement: 44 years of marriage and 10 years with the CGH family

Hobbies: Sewing, reading and watching my grandchildren in sports

Karen is a true asset to CGH Medical Center. She always has a smile on her face. We call her for port draws and she comes to the lab right away. Even if she just returned to her desk and we call again, she comes and still has her great smile.

Whenever a code white is called, Karen is the first one to the code ready to take care of the patient. Karen is a very caring nurse. She goes above and beyond. She gets to know the patients and makes them feel very comfortable. Karen is amazing!

We congratulate her on being chosen March's Employee of the Month.

Purpose, Worthwhile Work, Making a Difference!

Hospital Happenings

Swollen Feet and Ankles: Not Normal

Join us on **Thursday, March 22** for our Growing Healthier Speaker Series, featuring Wendy Burke, PT at 6 p.m. in the CGH Ryberg. Learn about the possible causes of foot and ankle swelling and how swelling can be treated. Call ext. 5716 to register.

Yoga Class at CGH

Yoga class is being offered in the CGH Ryberg on **Mon., March 26**. Class begins at 5:15 p.m.

The instructor is Carly Wike and the cost is \$5 per class. The class is open to CGH employees and their families and friends, and to HTP students from our workplace wellness partners. Class length is approximately 60 minutes. 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.



Blood Pressure and Blood Sugar Screenings

Screenings are held on the first Thursday of the month (**April 5**) from **8 to 9:30 a.m.** in the CGH Main Clinic lobby; second Thursdays (**April 12**), from **11:30 a.m.** to **1 p.m.** in the CGH Medical Center lobby; third Thursdays (**April 19**), from **3 to 4:30 p.m.** at County Market in Sterling; and third Fridays (**April 20**) at Westwood Fitness & Sports Center in Sterling.

Our Journey in Patient Experience

Culture of Caring

One Mission. One Vision. One Team.